

Croydon Public Health Department

July 2020

Key actions for keeping yourself and the community safe

This document is for residents, staff, volunteers and those who are working in services across Croydon. It outlines the key actions that will help everyone living and working in Croydon to keep safe from COVID-19 particularly as lockdown measures are eased and travel to work and other locations increase.

National posters with key messages about COVID-19 that are aimed at the public can be found here: <https://coronavirusresources.phe.gov.uk/>

KEEPING SAFE FROM COVID-19 - social distancing and reducing the risk of transmission

1. Keep your hands, face and frequently touched surfaces as clean as possible

- Wash your hands often using soap and water for at least 20 seconds, and dry them thoroughly.
- If soap and water are not available, use sanitiser with 60% alcohol outside your home,
- When you sneeze cover your mouth and nose with a tissue, or your sleeve (not your hands), and throw any tissues away immediately. Then wash your hands with soap and water or use a hand sanitising gel if there is no soap/water available.
- Avoid touching your face.
- Clean and disinfect regularly touched objects and surfaces using your regular cleaning products

2. Keep your distance from people outside your household or support bubble

- Keep two metres away from people as much as possible and only if necessary one metre when you can mitigate the risk by taking other precautions in this list.
- You should socially distance from anyone not in your household or bubble even inside someone's home - that you should socially distance from anyone not in your household or bubble.

3. Avoid crowded spaces

- Where possible avoid peak travel times on public transport and densely crowded areas. Small groups in small spaces pose a risk as well as large, close crowds.

4. Follow the guidance on the numbers of people you can meet

- You can meet in a group of 2 households (anyone in your support bubble counts as one household), in any location – public or private, indoors or outdoors. This does not need to be the same household each time
- You can socialise outdoors in a group of up to 6 people from different households. You can only meet in groups of more than six people if everyone is a member of the same household or [support bubble](#).
- You can stay overnight away from your home with members of one other household (including your support bubble) but you need to keep social distancing
- Try to limit the number of people you see, especially over short periods of time, to keep you and them safe, and save lives. The more people with whom you interact, the more chances we give the virus to spread

5. Gatherings with over 30 people

- It is against the law for gatherings of more than 30 people to take place in private homes (including gardens and other outdoor spaces), or in a public outdoors space, unless planned by an organisation in compliance with COVID-19 Secure guidance
- You should not hold or attend celebrations of any size (such as parties or wedding receptions) where it's difficult to maintain social distancing
- Only visit businesses and venues in groups of up to two households (anyone in your support bubble counts as one household) or with a group of six people from different households if outdoors

6. Avoid being face-to-face with people if they are outside your household or support bubble

- You are at higher risk of being directly exposed to respiratory droplets (released by talking or coughing) when you are within two metres of someone and have face-to-face contact with them.
- You can lower the risk of infection if you stay side-to-side rather than facing someone.

7. Extremely vulnerable (shielded) people

- From 6 July
 - You can meet in a group of up to 6 people outdoors, including people from different households, while maintaining strict social distancing
 - You no longer need to observe social distancing with other members of the household
 - You may also form a 'support bubble' with one other household. All those in a support bubble will be able to spend time together inside each other's homes, including overnight, without needing to socially distance
- From 1st August
 - You will be able to go to work, if you cannot work from home, as long as the business is COVID-safe
 - You will be able to go outside to buy food, to places of worship and for exercise but you should maintain strict social distancing

Please see [here](#) for an easy read guide to the shielding and the changes to the guidance

8. Clinically vulnerable people

- Clinically vulnerable people – which includes people aged 70 and over, those with certain underlying conditions and pregnant women should be especially careful and be diligent about social distancing and hand hygiene.
- Although you can meet people outdoors and indoors, you should be especially careful and be diligent about social distancing and hand hygiene.

9. Keep indoor places well ventilated

- Evidence suggests that the virus is less likely to be passed on outdoors and in well-ventilated buildings.
- In good weather, try to leave windows and doors open in areas where people from different households come into contact, or move activity outdoors if you can.
- Use external extractor fans to keep spaces well ventilated and make sure that ventilation systems are set to maximise the air flow rate.

10. Work from home if you can

- If you can do your job from home you should continue to do so, but you and your employer should discuss and agree working arrangements to best suit the needs of the business.

11. If you have to travel (for example, to work or school), think about how and when you travel

- You should avoid using public transport if you can. You should cycle, walk or drive wherever possible.
- If you have to use public transport, you must now wear a face covering, and should try to avoid peak times.
- Employers should consider staggering working hours, expanding bicycle storage facilities, providing changing facilities and providing car parking.

12. Face coverings

- You must wear a face covering at all times on public transport or when attending a hospital as a visitor or outpatient.
- If you can, you should also wear a face covering in other enclosed public spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet. This is most relevant for short periods indoors in crowded areas.

- Face coverings should not be used by children under the age of 3 or those who may find it difficult to manage them correctly.
- It is important to use face coverings properly and wash your hands before putting them on and taking them off.
- You can [make face-coverings at home](#). It should cover the mouth and nose.

13. Avoid shouting or singing close to people outside your household or support bubble

- You should avoid singing, shouting, raising voices and/or playing music at a volume that makes normal conversation difficult or that may encourage shouting.
- This is because of the potential for increased risk of transmission from aerosol and droplets.

14. Reduce the number of people you spend time with in a work setting

- You can lower the risks of transmission in the workplace by reducing the number of people you come into contact with regularly, where you can. Your employer can support with this (where practical) by:
 - changing shift patterns and rotas to match you with the same team each time
 - splitting people into smaller, contained teams

15. When at work or in business or public premises, follow the advice on site

- You can see the [guidance for employers and businesses on coronavirus](#) on gov.uk about being COVID secure and can ask your employer if you have questions.
- It also includes guidance on hygiene, as evidence suggests that the virus can exist for up to 72 hours on surfaces. Therefore, frequent cleaning is particularly important for communal surfaces like door handles, lift buttons, communal areas like bathrooms, kitchens & tea points

MENTAL HEALTH AND WELLBEING

- The coronavirus (COVID-19) outbreak is having an impact on our daily lives so looking after our emotional wellbeing is more important than ever. Access the link below for further information and support.

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

<https://new.croydon.gov.uk/coronavirus-information-and-service-updates/health-wellbeing-advice/mental-health-and-wellbeing>

WHAT TO DO IF YOU SUSPECT YOU HAVE COVID-19

COVID-19 symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough
- high temperature
- loss of or change in your normal sense of taste or smell (anosmia)

Check the NHS website below if you have symptoms

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Stay at home if you have symptoms or if someone in your household has symptoms

- Stay at home if you have symptoms
- Immediately arrange to have a test to see if you have COVID-19: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/>

- Stay at home for 14 days if someone in your household or support bubble has symptoms and encourage them to get tested to find out if they have COVID-19.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

How to access testing

- If you have symptoms getting tested will protect your family, friends and community. Testing is most effective within 5 days of symptoms developing.
- Request a test at <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/> or call 119.

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#who-can-be-tested>

The NHS Test and Trace service

- Ensures that anyone who develops symptoms of coronavirus (COVID-19) can be tested quickly
- Helps trace close recent contacts of anyone who tests positive for coronavirus.
- If you test positive for coronavirus, you must share information promptly about your recent contacts through the NHS Test and Trace Service to help alert other people who may need to self-isolate
- If you have had close recent contact with someone who has coronavirus, you must self-isolate if the NHS Test and Trace Service advises you to do so

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

Links to key guidance for further information

Coronavirus outbreak FAQs: what you can and can't do after 4 July

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do-after-4-july>

Staying alert and safe (social distancing)

<https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing-after-4-july>

Staying safe outside your home

<https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

Public Health England Coronavirus (COVID-19) resource centre

<https://coronavirusresources.phe.gov.uk/>

COVID-19: guidance on shielding and protecting people defined on medical grounds as extremely vulnerable

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

How to wear and make a cloth face covering

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

Cleaning in non-healthcare settings guidance

<https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

Working safely during coronavirus

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/updates>

Resources:

COVID secure workplace poster

Staying COVID-19 Secure in 2020

We confirm we have complied with the government's guidance on managing the risk of COVID-19

FIVE STEPS TO SAFER WORKING TOGETHER

- ✓ We have carried out a [COVID-19 risk assessment](#) and shared the results with the people who work here
- ✓ We have [cleaning, handwashing and hygiene procedures](#) in line with guidance
- ✓ We have taken all reasonable steps to [help people work from home](#)
- ✓ We have taken all reasonable steps to [maintain a 2m distance](#) in the workplace
- ✓ Where people cannot keep 2m apart we have ensured at least a 1m distance and taken all the mitigating actions possible to [manage transmission risk](#)

Signed on behalf of employer _____
Employer representative signature

Employer _____
Employer name Date _____

Who to contact: _____
Your Health and Safety Representative
(or the Health and Safety Executive at www.hse.gov.uk or 0300 003 1647)