

## **Coronavirus**

### **Information for:**

- Carers
- Cared for
- People using a care agency
- People employing a Personal Assistant

### **General precautions**

- Wash your hands frequently with soap and water or use alcohol-based sanitizer
- Ask anyone visiting your home to wash their hands when they arrive and when they leave, before and after personal care and at regular intervals
- Ask them if they have any of the symptoms (persistent cough and/or temperature in excess of 37.5)
- Keep property properly ventilated by opening windows whenever safe and appropriate.

### **If you use an agency**

Speak to the agency about what contingency plans they have and follow the general precautions mentioned above.

### **If you employ personal assistants**

- Speak to your insurance provider for advice
- Notify payroll if your staff are unwell and unable to work. They will be entitled to Statutory Sick Pay subject to eligibility
- If you instruct your worker not to visit, they are entitled to full pay
- If you are worried about planning your care, please contact the Direct Payment or Personal Health Budget advisers but please be aware there are a high volume of calls at this time

## **If your loved one is in residential or nursing care**

- Follow the guidance regarding hand washing and self-isolation
- Maintain contact via telephone
- Speak to the care home about their contingency planning
- If you are aged over 70 or with a pre-existing health condition you should consider social distancing

## **If you become unwell and need to self-isolate:**

- Plan ahead and ask others for help to ensure that you can successfully stay at home
- For those people with personal assistants ask your employee to help you get the things you need to stay at home
- Stay at least 2 metres (about 3 steps) away from other people in your home if possible
- Sleep alone, if possible
- Wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- Stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible
- You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, call NHS 111. For a medical emergency dial 999

## **Coping with self-isolation and social distancing**

- Minimize watching, reading or listening to news that causes you to feel anxious or distressed;
- Seek information only from trusted sources
- **Mind** have advice about coping with isolation:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsef968c>

**Carers Emergency Card** – this scheme is run by Sefton Carers Centre. To register please visit their website [www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)

If you have a GP appointment for something that is not related to the coronavirus, please call to check that you are still able to attend.

### **In working hours**

Sefton Carers Centre      0151 288 6060

Sefton Plus                      0345 140 0845

### **Out of hours**

Social Services              0151 934 3555

District Nurse                South Sefton – 0151 247 6933

Community Emergency Response Team (CERT) for Southport and Formby  
01704 387262

Silverline                      0800 4 70 80 90

[www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)

[www.sefton.gov.uk](http://www.sefton.gov.uk)

[www.carers.org](http://www.carers.org)

This document referred to the following sources for information:

<https://www.gov.uk/government/publications/covid-19-residential-care-supported-living-and-home-care-guidance>

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