

Important Information for Unpaid Carers New local measures effective from 22/09/2020

We are aware that you will have understandable concerns about the coronavirus and the developing increase in confirmed cases. To reduce the spread of the virus it vital to protect our communities and therefore local restrictions will be implemented from Tuesday 22nd September 2020. Details of these measures can be found on Sefton Council website: <https://www.sefton.gov.uk/coronavirus>

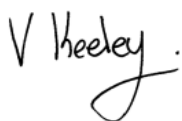
Unpaid carers are classed by the Government as essential workers owing to the importance of the care and support they provide to family members and friends. Therefore, the new restrictions **do not apply to carers when carrying out their caring role**, however, carers should be vigilant and take precautions such as:

- Washing hands and/or use sanitiser before and leaving the cared for home
- Keep a distance of 2 metres if and when possible
- Wear a facemask or personal protective equipment (PPE) if required for personal care.
- Ensure an Emergency Plan is in place (contact Sefton Carers Centre for details)
- Get Tested if you are showing signs of symptoms via:
<https://www.gov.uk/get-coronavirus-test>

Unpaid carers will be allowed to visit family members and friends to provide care and support who live in another household. Sefton Carers Centre posted a letter to all registered carers in April 2020 as many carers were concerned that they may be asked to provide proof of their caring role if they are stopped by police. This letter is still valid and can be used during these increased lockdown measures. The letter will not be openly available to download to counter any fraudulent use. If you require a copy of this letter please contact Sefton Carers Centre Helpline on 0151 288 6086 or email help@carers.sefton.gov.uk and a letter confirming your status as a carer will be provided to you.

Living through these unprecedented times has made caring a lot more challenging, Sefton Carers Centre will continue to provide free support and services for carers whilst maintaining the Government's advice to help control the spread of COVID-19. The Carers Centre buildings are currently closed to the public, **therefore, all contact with the Centre must be made via telephone on 0151 288 6060 or by email: help@carers.sefton.gov.uk**. More information is available on the website: www.sefton-carers.org.uk. Sefton Carers Centre is a charity registration number 1050808.

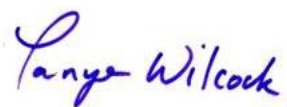
For all up to date information and advice relating to Coronavirus please visit the Sefton Council webpage: <https://www.sefton.gov.uk/coronavirus>



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