

# General Advice re Covid-19

Organisation	Link	Contents
National Health Service	<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a>	Reasons for leaving home.... shopping, medicine, exercise, essential work
NHS	<p>If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the <a href="#">111 coronavirus service</a>.</p> <ul style="list-style-type: none"> <li>• wash your hands with soap and water often – do this for at least 20 seconds</li> <li>• use hand sanitiser gel if soap and water are not available</li> <li>• wash your hands as soon as you get back home</li> <li>• cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze</li> <li>• put used tissues in the bin immediately and wash your hands afterwards</li> </ul>	<ul style="list-style-type: none"> <li>• do not touch your eyes, nose or mouth if your hands are not clean</li> </ul>
NHS	<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/">https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/</a>	High Risk
Irish Embassy London	<a href="https://www.dfa.ie/irish-embassy/great-britain/">https://www.dfa.ie/irish-embassy/great-britain/</a>	Services, dedicated phone line, passports, consular assistance
Irish in Britain	<a href="https://www.irishinbritain.org/what-we-do/health-and-wellbeing/coronavirus">https://www.irishinbritain.org/what-we-do/health-and-wellbeing/coronavirus</a>	Updates and resources for our community
The Silver Line	The Silver Line, 7 days a week 24 hour help line for older people on 0800 470 8090.	
Age UK	<p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/">https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/</a></p> <p>Stay at home</p> <p>The Government has asked everyone in the UK to stay at home. This means even people who may not be at a high risk should only leave the house for limited reasons. These measures are to help prevent the spread of the virus, and protect the most vulnerable.</p> <p>You may be at increased risk from coronavirus if you:</p> <ul style="list-style-type: none"> <li>• are 70 or older</li> <li>• are pregnant</li> <li>• have a condition that may increase your risk from coronavirus</li> </ul>	

	<p><b>DO</b></p> <ul style="list-style-type: none"> <li>• stay at home at all times – do not leave your home to buy food, collect medicine or exercise</li> <li>• stay at least 2 metres (3 steps) away from other people in your home as much as possible</li> <li>• get food and medicine delivered and left outside your door – ask friends and family to help or <a href="#">register to get coronavirus support on GOV.UK</a> if you need it</li> <li>• prepare a hospital bag, including a list of the medicines you're taking – in case you need to go into hospital</li> <li>• wash your hands with soap and water often – do this for at least 20 seconds</li> <li>• make sure anyone who comes into your home washes their hands with soap and water for 20 seconds</li> <li>• use hand sanitiser gel if soap and water are not available</li> <li>• clean objects and surfaces you touch often (like door handles, kettles and phones) using your regular cleaning products</li> <li>• clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched</li> </ul> <p><b>Don't</b></p> <ul style="list-style-type: none"> <li>• do not have visitors in your home, including friends and family, unless they're providing essential care</li> </ul> <p>do not stop taking any prescription medicines without speaking to your doctor</p>
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## Advice regarding prisons / prisoners

Organisation	Link	Contents
UK GOV	<a href="https://www.gov.uk/guidance/coronavirus-qa-for-friends-and-family-of-prisoners">https://www.gov.uk/guidance/coronavirus-qa-for-friends-and-family-of-prisoners</a>	Children, self-isolation, post, phone service, transfers, visits, mental health
	<a href="https://www.gov.uk/government/news/coronavirus-covid-19-prison-preparedness-lucy-frazer-statement">https://www.gov.uk/government/news/coronavirus-covid-19-prison-preparedness-lucy-frazer-statement</a>	Prison preparedness
	<a href="https://www.gov.uk/government/publications/covid-19-prisons-and-other-prescribed-places-of-detention-guidance/covid-19-prisons-and-other-prescribed-places-of-detention-guidance">https://www.gov.uk/government/publications/covid-19-prisons-and-other-prescribed-places-of-detention-guidance/covid-19-prisons-and-other-prescribed-places-of-detention-guidance</a>	<b>prisons and other prescribed places of detention guidance</b>
Prisoner's advice service	<a href="http://www.prisonersadvice.org.uk/category/news/">http://www.prisonersadvice.org.uk/category/news/</a>	Cohorting, Compassionate Early Release template, emergency

		plan for prisoners in England and Wales
Clinks	<a href="https://www.clinks.org/">https://www.clinks.org/</a>	Blogs, latest views, debate and discussion
Prison Reform Trust	<a href="http://www.prisonreformtrust.org.uk/ForPrisonersFamilies">http://www.prisonreformtrust.org.uk/ForPrisonersFamilies</a>	Covid-19 and advice and information service