

# COVID-19 HAS NOT GONE AWAY



**INFORMATION  
FOR PEOPLE  
LIVING IN SHARED  
HOUSING**



# COVID-19 symptoms



New or continuous cough



High temperature



Loss of, or change in, your normal sense of taste or smell

**What to do if you or anyone you have had close contact with has symptoms of COVID-19 in your shared accommodation or support bubble:**

## **The person with symptoms should:**

- stay at home/within the shared accommodation for at least 10 days from when symptoms started and order a COVID-19 test
- not go to work, school or public places or use public transport
- stay in their own room as much as possible, with the door closed
- avoid using shared spaces, particularly when others are present. Respectfully keep your distance
- tell people you've been in close contact with that you have symptoms of COVID-19. It is recommended you also tell your landlord

If you are unsure or worried about your symptoms visit **NHS 111** online at **111.nhs.uk/covid-19** or call **119**

## **Other tenants should:**

- stay within the home/shared accommodation for 14 days
- respect other tenants efforts to maintain social distance within shared accommodation
- consider drawing up a rota for washing or bathing with the unwell person using facilities last or on their own

## **Testing and contact tracing**

- You must order a test immediately if you have COVID-19 symptoms at **nhs.uk/coronavirus** or call **119** or if you are an essential worker at **gov.uk/apply-coronavirus-test-essential-workers**

For more information on NHS Test and Trace in Barnet visit:  
**barnet.gov.uk/testandtrace**

# Stop the spread of COVID-19



## Wash your hands more often and for 20 seconds

Use soap and water or a hand sanitiser when you:

- Arrive at your destination e.g. home or work
- Blow your nose, sneeze or cough
- Eat or handle food
- Before putting a face covering on and taking them off



- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away
- Minimise time spent in shared spaces such as kitchens, bathrooms and lounges and keep them well ventilated
- Do not share towels or tea towels
- Try to keep up to 2m distance away from people outside of your household or support bubble

## Face coverings

### Wear a face covering (covering the mouth and nose):

- on public transport
- in healthcare settings
- in shops, indoor shopping centres and supermarkets
- at banks, building societies & post offices
- in other enclosed spaces where social distancing isn't possible. Consider this also in shared spaces in your accommodation



## Cleaning

- Use either soap and hot water or a disinfectant and disposable cloths or paper towels where possible
- Clean objects and surfaces you touch often such as door handles, kettles and phones
- Dry surfaces thoroughly after cleaning



# Laundry and waste

## If you have COVID-19 symptoms:

- Double bag personal waste (e.g. tissues) and disposable cleaning cloths and keep it separate from other waste. This should not be put out in the bin for 72 hrs.
- Do not shake dirty laundry
- Wash clothes and reusable masks or face coverings at the highest temperature appropriate for the fabric



## Do you, or any member of your family have a health problem or are over the age of 70?

You may be at risk of serious illness if you catch COVID-19. Although restrictions are lifting, we still advise you to, where possible:

- **Stay at home** as much as you can and take precautions if you go out
- **Keep 2m away** from people outside of your household or bubble
- **Consider a rota** so that the vulnerable person can use shared facilities on their own

## In need of support?

If you or a member of your family are extremely clinically vulnerable and are in need of non-medical support, please call the free Helpline on **0808 281 3210**, open every day from 9am to 5pm or visit our Community Help Hub at: **[engage.barnet.gov.uk/help-available](https://engage.barnet.gov.uk/help-available)** for local support or advice.

For latest government guidelines visit: **[gov.uk/coronavirus](https://gov.uk/coronavirus)**

## Contact

If you require more information or advice on guidelines relating to COVID-19, please contact: **[publichealth@barnet.gov.uk](mailto:publichealth@barnet.gov.uk)**