



# COMMUNITY HEALTH INFORMATION BULLETIN

## Coronavirus (COVID-19)

### What you need to do

#### Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

**YOU CAN SPREAD THE VIRUS EVEN IF YOU DON'T HAVE SYMPTOMS**

#### What is social distancing ([Social Distancing](#))?

Social distancing measures are steps you can take to reduce social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

They are to:

1. Stay at home and away from others ([Social Distancing](#))
2. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
3. Avoid non-essential use of public transport when possible
4. Work from home, where possible. Your employer should support you to do this. Please refer to [employer guidance](#) for more information
5. Avoid large and small gatherings in public spaces, noting that restaurants, leisure centres, pubs and similar venues are currently shut as infections spread easily in closed spaces where people gather together.
6. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
7. Use telephone or online services to contact your GP or other essential services

Everyone should be trying to follow these measures as much as is practicable.

We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you:

- are over 70
- have an underlying health condition
- are pregnant

## How to avoid catching and spreading coronavirus

Everyone should do what they can to stop coronavirus spreading.

### Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities
- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services

### Don't

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family

### Advice for people at high risk

If you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it.

These include:

- not leaving your home – you should not go out to do shopping, visit friends or family, or attend any gatherings
- avoiding close contact with other people in your home as much as possible

### Who is at high risk?

You may be at high risk from coronavirus if you:

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition that makes you much more likely to get infections
- are taking medicine that weakens your immune system
- are pregnant and have a serious heart condition

**PEOPLE AT HIGHER RISK SHOULD STAY AT HOME / INDOORS FOR AT LEAST 12 WEEKS**

**THESE MEASURES ARE LIKELY TO BE IN PLACE FOR SOME WEEKS**

**Armenian Community Emergency Management Committee Contact Details**

Please contact us at the following centres:

**Opening hours: 9:00 AM to 6:00 PM**

**Diocese Office**

**CAIA Office**

**ACC UK Office**

**07949 810 704**

**020 8992 4621 / 07947586226**

**0800 48 80 510**

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