

**STAY AT  
HOME** 

**PROTECT  
THE NHS**

 **save  
lives**

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**GYPSIES, ROMA AND TRAVELLERS**

# **KEEPING SAFE**

During the coronavirus outbreak

*By Romani Cultural & Arts Company*

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## **KEEPING SAFE**

During the coronavirus outbreak

*By The Romani Cultural & Arts Company*

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With thanks and acknowledgement to:

- The UK Government
- The Welsh Government
- NHS England
- NHS Wales
- BBC



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# 1. Symptoms, emergency Contacts and what to do

If you have a **fever** (high temperature of 37.8 degrees or more) and / or a **new persistent cough** - you need to stay at home for 7 days.

If anyone in your household has a fever and / or a new persistent cough - you all need to stay at home for 14 days.

A persistent cough is coughing many times over an hour or 3 or more separate times in a 24 hour period.

If your symptoms do not improve after 7 days and / or you or someone else gets worse - call **NHS Direct Wales on 0845 46 47 or NHS England on 111**. If you have a medical emergency, a critical or life threatening problem - **call 999**.

Sources of up-to-date information:

**Central UK Government guidance - what you need to do:**  
<https://www.gov.uk/coronavirus>

**UK NHS guidance:**  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

**Public Health Wales guidance:**  
<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

**WALES NHS coronavirus symptom checker:**  
<https://www.nhsdirect.wales.nhs.uk/SelfAssessments/symptomcheckers/COVID19.aspx>

## 2. Keeping safe in your trailer / house

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**T**here are some basics we can all do to keep ourselves and others safe at home.

### What should I do to prevent catching and spreading the virus?



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



**Throw away used tissues** (then wash hands)



If you don't have a tissue **use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**

Source: NHS

BBC

As well as the above, it is a good idea to:

- Disinfect and clean door handles inside and outside the home a couple of times a day
- Disinfect frequently used surfaces a couple of times a day

### 3. Visitors and visiting



**D**uring a period of 'lockdown', you are not to visit anyone else's trailer or house. Also, no one is to visit your trailer or house. **You are to keep away from people who are not part of your household.**

A 'household' are the people who live in your trailer or house. This means that you cannot visit your brother or your uncle if they live outside your trailer or house. It also means that they cannot visit you.

**You can visit people in need who you are supporting. You should not enter their home UNLESS necessary - you should leave any food or shopping outside their door and stand at least 2 metres away from them when talking to them.**

**When you get home from visiting someone else - wash your hands for at least 20 seconds with soap and water OR use hand sanitiser.**

## 4. Keeping safe outside the home

**D**uring a period of lockdown, you will probably only be able to leave your trailer or house to:

- Go shopping for essentials
- Go out for medical reasons or medicine
- Help someone in need of support
- Go for 1 form of daily exercise

You do not need to wear a face mask outside. It might be good to wear disposable rubber gloves. Wash your hands before you leave your trailer / house and when you return.

Do not touch door handles, trolley handles and other things touched by other people and then touch your face, mouth, nose or eyes - this is how coronavirus is spread.

Keep 2 metres apart from anyone not from your trailer / house.

Have tissues with you and if you need to sneeze or cough:



## 5. Keeping safe - funerals

**D**uring the coronavirus outbreak, all UK Governments have restrictions for funerals. This is very difficult for anyone who loses a relative or friend.

You should speak with the church or crematorium and funeral company organising the funeral but it is likely that:

- Only close family members will be able to attend the funeral
- There is a limit on the number of people who can attend the funeral - this could be 10 or might depend on the size of the church / crematorium
- You will have to keep 2 metres apart from anyone who does not live in your trailer / house

This is very upsetting for people. The restrictions are in place to keep people safe and stop the spread of the virus.



## 6. Coronavirus - the basics

**T**he virus usually develops as a fever and / or a persistent cough. It makes people feel unwell generally. Some people lose their sense of taste and / or smell and they can have an upset stomach. For some people, the virus can make breathing more difficult by affecting the lungs.

The virus is spread through droplets when people sneeze, cough or are within 2 metres distance from others when they talk (droplets can come from people's mouths when they are talking). People can touch their mouths, noses and then touch other things, like door handles and trolley handles - this will also spread the virus.



HM Government

**NHS**

**Coronavirus**  
**Wash your hands more often for 20 seconds**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

For more information and the Government's Action Plan go to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

**CORONAVIRUS**  
**PROTECT YOURSELF & OTHERS**

The poster features a hand being washed under a stream of water, with a magnifying glass focusing on the water droplets. The background is dark blue with green and white text.

The best way to help stop the spread of the virus is to wash your hands more often with soap and water and for 20 seconds.

During a lockdown period, follow all the advice given, stay at home. Staying at home and away from people who do not live in your trailer or house is the safest thing to do.



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