



Covid-19 Helpful Advice

The world at the moment feels like an unsettled and often frightening place. People are nervous leaving their homes and, even though they are allowed to do more day to day things, are reluctant to do so. However, there are things we can all do to make sure we stay safe and do things we are allowed to do and even enjoy them.

So firstly, are you really clear what we are allowed to do at the moment?

Some people are confused because things are different across the UK and they do not know what they are allowed to do in Wales. We have put together information on the latest regulations on our website (www.ASDinfoWales.co.uk/news/latest-information-on-novel-coronavirus-covid-19), and we share useful information on Facebook (www.facebook.com/ASDinfoWales) and Twitter (<https://twitter.com/asdinfoWales>) too. We try to keep our information up-to-date, so all the latest information is there for you to use.

Secondly, if you are going out shopping, meeting a friend, or family member, or doing some exercise, there are things you can do to make you feel safe.

Here are some tips to help:

1. If you want to leave your home

Before you leave your home think through the following questions:

a) Why am I going?

b) Where am I going?

It is worth looking at what time might be the quietest – if food shopping, is late afternoon quieter, or might the shops be cleaner first thing in the morning, but they might be busier? There are online sites that can give you some of that information. If you are going for a run, where do you usually like to go? Do you have more than one place that you like to go, if your first choice is too busy for you to feel safe?

c) What do I need to buy, or take with me?

Make a list of useful things you might need.

d) Who am I going to go with?

Would it help to have someone with you? You can take someone with you if you need extra help and support.

e) How am I going to get there?

Can you walk, or will you need to use transport? Plan your route before you go and if you are going to walk how many bags could you carry if you buy shopping?

2. Follow good hygiene

Before you leave home wash your hands with soap and water. Take hand sanitiser with you to use if you cannot use soap and water when you are out. When you return home always wash your hands straight away, again using soap and water. Never cough or sneeze into your hands or touch your face. If you have to sneeze or cough, do it into your elbow if you are able.

3. Safety equipment

Masks or face coverings

In Wales, we do not **have** to wear 'face coverings' or masks when we go out. However, Welsh Government have said that people **should** wear face coverings on public transport if everyone cannot keep 2 metres apart. In lots of other countries, including England, you must wear one. Some people feel much happier wearing a mask or face covering, so you can wear one if you wish. If you do wear one, then it is really important that you fit it and remove it properly and that it covers your nose and mouth. The mask is there so that you do not cough or sneeze over someone else. Try not to keep touching your face and adjusting the mask if you can.

When you put your mask/face covering on, always use the ear loops. If it is disposable, then make sure that you put it in a bag and throw it in your general rubbish. If you have a reusable mask, always wash it after every use and as soon as you get home.

Remember using masks in Wales is **not** compulsory, so if you forget it you can still go for your walk or go shopping but you may choose not to.

Gloves

Again, wearing gloves is **not** compulsory in Wales but you may feel happier if you do. Remember to sanitize your gloves just as you would your hands. Once you have finished with your gloves, if they are disposable then make sure that you put them in a bag and throw them in your general rubbish, if they are reusable always wash them after every use and as soon as you get home.

4. When you are out of your home

If you feel unsafe because people are not keeping their distance **do not panic**. Politely ask the person to give you more space. If you still feel that there isn't enough room for you to feel safe move to another place in the shop, or path. Some people might ignore you, some people will listen. Some shops now have arrows to show people the route they need to take around the store. If you are unsure about this, ask a member of staff to explain it to you. Do not worry if you get confused, lots of people are at the moment and that is why there are staff there to explain it. Remember to ask for help.

If you are out exercising and you are uncomfortable because there are lots of people around you **do not panic**. Before you leave your home think about where you will be going and if there are other places you could go if you find lots of people at the place where you had planned to go. It is helpful to think of several places you could go that are quite close together, so you can easily change the place to go, if you feel uncomfortable. Or choose places you know that have lots of space near your home.

When you return to your home

- When you return home wash your hands straight away.
- Wipe any items that you have bought with anti-bacterial cleaner as you unpack them.
- When you have packed away the items, wash your hands again.

5. Visiting family and friends

In Wales we can now visit our family and friends as long as they live near us – the advice is 5 miles but this is a **guide** because lots of people live further than that from their **local** shops, family etc. However, you cannot travel long distances to visit someone. You cannot meet everyone at the same time unless they all live in the same house. You cannot meet inside at the moment, only outside in your garden, or local open space and you must still stay 2 metres apart.

Easy tips

- **Plan** - Know what you want to do and where you are going to go before you leave the house.
- If you are shopping **make a list of what you need**, where and when you are going to go.
- What do you need to **take** with you?
- **Find out when the quietest times to go might be** – do you know when it will be really busy? Do you have to go at these times?
- **If you are not sure about something when you arrive, look to see if there is someone ‘official’ to ask** or a member of staff That will probably be someone in a uniform, or *will be at the entrance to somewhere*.
- If people are too close to you when you are there **‘don’t panic’**. Politely ask people if they can give you more space.
- **If you feel uncomfortable somewhere, plan what you are going to do before you go** – are you going to leave? Are you going to another shop or area to exercise? Are you going to just go to another part of the shop or park etc.?
- **If you feel safer and happier wearing a mask and gloves**, then make that part of your routine.
- **Remember good hygiene is still really important** – wash your hands using soap and water for 20 seconds. Take hand sanitiser with you in case you cannot get to soap and water once you leave the **house**.
- **Make an easy plan before you go and then you will feel less anxious when you leave your home.**