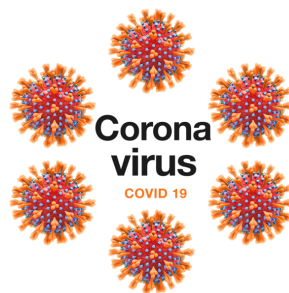




Easy read guide to COVID-19 (Coronavirus)

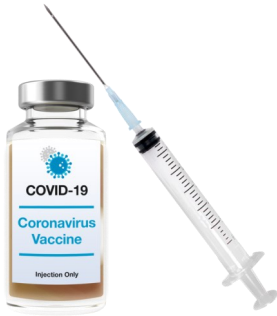


Latest Guidance from 21 June 2021

**An information guide for people
with learning disabilities
in East Sussex**

Reminder

Your COVID-19 Vaccine



Thank you to those of you who have had your first or second vaccine.

We want to remind people who have not had their vaccine how important the vaccine is.

Having the vaccine will help to keep you and everybody around you safe.



- There is a walk-in clinic for people with a learning disability in Brighton on Friday 9th July.
You can have your first vaccine here and you do not have to book an appointment.
Visit www.bhspeakout.org.uk for more information.
- There are other walk-in clinics in East Sussex.
Visit www.sussexhealthandcare.uk for more information.
This page is not in easy read so you may need a supporter to help you.

Go to page 8 of this guide to read more about the vaccine.

How to use this booklet



This guide will tell you about some of the new government updates and rules about COVID-19.

It also has information about looking after yourself and how to get support.



If you need help to read this, you could ask

- someone in your family or a friend
- a support worker
- a carer.



You can use this guide to help you to understand the new COVID-19 government updates and rules.



We know that some of the information and updates can be hard to understand.



In this booklet, we have tried to make the rules easier to read and understand.



You can write down any important information that you want to remember.

There is a note page at the end of this booklet.

What is in this booklet

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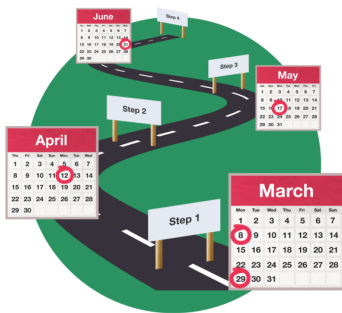
COVID-19

Rules Update



Since the national lockdown started in January, the number of cases of COVID-19 has started to go down.

There are now fewer people in hospital with COVID-19.



The Government has put out a roadmap of changes that might be able to happen in the future.

Roadmap is a way of describing how we will slowly move out of lockdown.



Some of these changes started in March (Step 1), some of them started in April (Step 2), and some of them started in May (Step 3).

Step 3

The Government has made checks and has decided that it is **not** safe enough to make more changes to the rules yet.

This means we are **staying in Step 3**.

COVID-19

Step 3 Rules - From 17 May 2021



You can meet outdoors in groups of up to 30 people.



You can meet indoors with up to 6 people from up to 6 different households.

This is called the rule of 6.

A household is a group of people who live together.



Two households can meet indoors even if there are more than 6 people.



There is now no limit to how many people can go to a funeral.

It depends on how many people are allowed to safely go to a place for the ceremony or gathering afterwards.



There is now no limit to how many people can go to a wedding or reception.

It depends on how many people are allowed to safely go to a place for the ceremony or gathering afterwards.

COVID-19

Step 3 Rules - From 17 May 2021



Care homes

Up to five visitors can visit care homes.

But only two are allowed at a time.

The visitors need to have a negative COVID-19 test first.



If you live in a care home, you can choose one visitor to be an essential care giver.

The essential care giver can visit you even if you are isolating.



If you go on a visit out of your care home, you do not have to isolate for 14 days when you get back.

You only have to isolate if you have been on a high risk visit, like for an overnight stay at a hospital.



Support groups

Support groups and parent and child groups can increase to 30 people at a time.




Traveling abroad

The rules about traveling abroad have changed and you can get all of the information [here](#).






COVID-19

Step 3 Rules - From 17 May 2021

	<p>These shops and businesses will be allowed to open:</p>
	<ul style="list-style-type: none">• pubs• cafes• restaurants <p>They must only serve customers who are seated at tables.</p>
 	<ul style="list-style-type: none">• museums• cinemas• theatres• galleries• indoor zoos• tourist attraction• bowling alleys• amusement arcades• children's play areas
	<ul style="list-style-type: none">• hotels and guest houses <p>For groups of up to 6 people or 2 households.</p>

COVID-19

Changes to rules from 19 July 2021

	<p>It is expected that England will move to Step 4 on 19 July 2021.</p> <p>If the Government is worried about the number of cases, the rules will stay the same until things get better.</p>
	<p>Before Step 4 begins, the Government will also review other rules about staying a safe distance away from people you do not live with, and wearing face coverings.</p>
	<p>Until there is another announcement, you should continue to wear face coverings and stay a safe distance away from people who you do not live with.</p>
	<p>If the Government decides it is okay to change the rules, the new rules from 19 July 2021 will be:</p>
	<p>All other businesses, including night clubs, will be allowed to reopen.</p> <p>Large outdoor events may be able to start again.</p> <p>There will be no legal limits on meeting anyone either indoors or outdoors.</p>

COVID-19

Rules for the Clinically Extremely Vulnerable



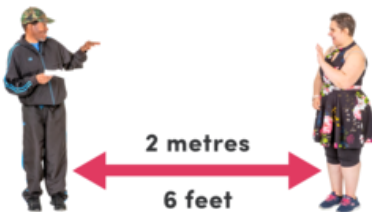
Up to date government information for people who are clinically extremely vulnerable is available [here](#).



People who are clinically extremely vulnerable have received a letter telling them that from **1 April 2021**, they no longer need to be shielded to lower the chance of catching COVID-19.



You are still advised to work from home if possible.

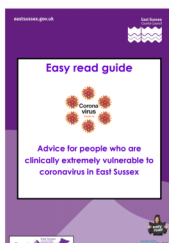


You can go outside,
But you must stay at least 2 metres away from anyone you do not live with or is in your support bubble.



You can go to the shops but you may like to still ask **NHS Volunteer Responders** to get shopping or medication for you.

You can call them on **0808 196 3646**



There is an easy read guide for people who are clinically extremely vulnerable in East Sussex [here](#).

COVID-19

Rapid Lateral Flow Testing Kits



From 9 April 2021, all adults in England will be able to take a COVID-19 test at home, twice a week.



These are called Rapid Lateral Flow tests and are for people who **do not** have COVID-19 symptoms.



Sometimes when people have COVID-19, they do not feel ill.

But they can still pass the virus on to other people.

Getting tested regularly can help stop the spread of COVID-19.



If your test is positive, you need to stay at home for 10 days to make sure that you do not pass the virus on to other people.



Click [here](#) to find out where to get rapid lateral flow tests from.

COVID-19

Vaccination News



A vaccine is an injection which helps your body get ready to fight the COVID-19.

Almost half of the population of the United Kingdom are fully vaccinated.



This is the NHS calling to make a Covid-19 vaccine appointment

The NHS will phone you or send you a text to invite you to make an appointment to have the vaccine.



The vaccine is free.

You should not be asked to give any bank details when you get a call from the NHS.



Adults with a learning disability who are on the GP Learning Disability Register are a priority for the vaccine.

If you have a learning disability and want the vaccine, talk to your GP to make sure you are on the Learning Disability Register.



You will be given the option to choose if you want to have the vaccine.

Here are some facts to help you decide:

COVID-19

Vaccination News



The vaccine has been tested on thousands of people.



A side effect is a reaction to the vaccine that makes you feel ill.

The side effects have been checked and they only affect a very small number of people.



The experts have checked all the results and are sure that the vaccine is safe for most people.



You will need to have 2 injections.

The second injection will be up to 12 weeks after the first one.



You will be asked to sign a form to say you agree to having the vaccination.

There is an easy read version of the consent form [here](#).

COVID-19

Vaccination News



You will need to arrange transport or someone to take you to the hospital or doctor's surgery where you are having the vaccine.



When it is your turn, you will be called in to have your vaccine.



The vaccine is injected into your arm.



You will be asked to wait for 15 minutes after the injection to check that you are okay.



Some people might feel achy or have a temperature.

It is very unlikely that you will catch COVID-19 a week after the second injection.

COVID-19

Vaccination News



Mencap have easy read information about the vaccine on their website, which you can find [here](#).



The Involvement Matters Team have made a video about their experiences of having the vaccine, which you can watch [here](#).

COVID-19

Reminders



The **main symptoms** of COVID-19 are

- A high temperature
- Coughing a lot more than you usually do
- Not being able to smell or taste things properly.



If you have any of these symptoms, you should

- **Self isolate for 10 days**
- **Phone 119** to book a test.

You can ask family, a friend, or support staff to help you.

In an emergency, call 999.



Self isolation means that you should

- Stay indoors all the time
- Ask someone to do your shopping
- Tell people not to come into your house or room, except carers
- Keep toilets, bathrooms and towels clean
- Wash your hands a lot.

COVID-19

Reminders



These are very important reminders from the Government.



Wash your hands

Keep washing your hands regularly for 20 seconds.



Cover your face

Wear a face covering when you are indoors in public places.



Make space

You must stay 2 metres away from people you do not live with.

You must stay at least 1 metre away if you are wearing a face covering.



Some people do not have to wear a face covering because of a disability or if it may make them very unhappy or uncomfortable.

You do not have to prove to anyone that you do not have to wear a face covering.

**I am exempt
from wearing
a face
covering.**



You can download a card that you can show which says you do not have to wear a face covering, if you want to use one, [here](#).

COVID-19

Wellbeing



Things are changing now and there are lots of new rules.

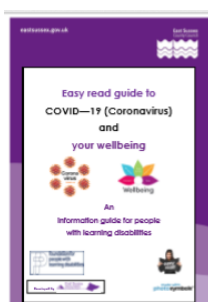


This may make us feel worried.



East Sussex County Council have made an easy read Wellbeing Guide.

The guide tells you about 5 Ways to Wellbeing, and ways of coping when you feel worried, lonely or sad.



You can find the Wellbeing Guide and other easy read COVID-19 information here

eastsussex.gov.uk/easy-read-covid



Mencap have made easy read guides about COVID-19, scams and keeping well.

They can be found here

mencap.org.uk/advice-and-support/coronavirus-covid-19

COVID-19 Support



If you are worried, you should speak to your support staff or someone that you trust.

If this does not help, you or your supporter can contact your social worker or resource officer, if you have one.



If you have a social worker or resource officer, they can help you to get support.

Contact the Community Learning Disability Team or the Transitions Team on



- **Community Learning Disability Team (East)**
Cavendish House on 01424 724900

- **Community Learning Disability Team (West)**
Bellbrook Centre on 01323 747117

- **Transitions Service**
St Mary's House on 01323 466166



If you **do not** have a social worker or resource officer and need advice, you can contact

Health and Social Care Connect on 03456080191.

They are open every day from 8am to 8pm.

Or email **hsc@eastsussex.gov.uk**

Note Page

You can use this page to write down

- Anything important
- Your thoughts
- Things to remember

