

**At NACCOM we have looked carefully at the advice relating to the Coronavirus (Covid-19) that is already in the public domain and want where possible to signpost you to the most appropriate sources of general advice available, while at the same time drawing some specific points together relating to accommodation projects.**

The [Government’s dedicated Coronavirus website](https://www.gov.uk/coronavirus) has comprehensive advice and guidance including posters and leaflets on topics such as infection prevention and control; self-isolation, decontamination and advice for people who live in the same accommodation as those infected.

The Government’s essential guidance includes the following;

**Everyone is advised to stay at home;**

* Only go outside for food, daily exercise, health reasons or work (but only if you cannot work from home)
* If you go out, stay 2 metres (6ft) away from other people at all times
* Wash your hands as soon as you get home
* Do not meet others, even friends or family.

You can spread the virus even if you don’t have symptoms.

**You can also help reduce the risk of contracting/spreading the virus in the following ways;**

Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that’s all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don’t have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

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The **National Health Service** has provided specific advice for charities on the Coronavirus, its treatment, do’s and don’ts at [NHS Advice](https://www.nhs.uk/conditions/coronavirus-covid-19/).

The **National Council of Voluntary Organisations (NCVO**) have collated [comprehensive guidance](https://www.ncvo.org.uk/practical-support/information/coronavirus?_cldee=aGFubmFoQG5hY2NvbS5vcmcudWs%3d&recipientid=contact-f5861adcce57ea11a811000d3ab7195c-2425701d7af9494b9a14713fef54e6d8&esid=771f5402-735c-ea11-a811-000d3ab7195c) on what steps that you may need to take regarding topics such as:

* The best way to prevent the spread of the virus
* What do you need to do to protect staff, volunteers and visitors
* Should your employees take sick leave
* Should you cancel your events
* How can you support your beneficiaries/service users
* How you can develop a contingency plan

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**Guidance for Shared Housing Projects**

There is a lot that can be done in advance of someone having to self-isolate due to infection or because test results are not in yet. Where members have shared houses undertake the following:

* Supply tissues, disinfectant/cleaning items, paracetamol, waste disposal bags to each resident.
* Put up signs giving advice in English and the languages of those living in the house if you have them.
* Speak with guests/tenants to reassure and brief them on the support that will be provided should they or others in the house be asked to self-isolate.

**What if someone becomes infected or is asked to self-isolate?**

In the event that someone in a shared house shows symptoms of the coronavirus, **the whole household will need to self-isolate for 14 days.**

In addition to the advice given below we have produced a separate advice note specifically for individuals being housed by NACCOM projects that are needing to self-isolate.

This note is available in English, Albanian and Sorani and also as an audio file in; **Albanian, Arabic, Amharic, English, Sorani, French, Farsi, Tigrinya** and **Vietnamese** and as a video file in**: Arabic.**

We hope to very shortly be able to add an audio file in **Urdu**

These audio and video files are designed to be sent to guests via WhatsApp, Messenger or email

[The NHS has comprehensive guidance on self-isolation when in a shared house](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/), including for how long you and others in the house should self-isolate for.

* If you live with someone who has symptoms, you'll need to self-isolate for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear.
* If more than 1 person at home has symptoms, self-isolate for 14 days from the day the first person started having symptoms.
* If you get symptoms, self-isolate for 7 days from when your symptoms start, even if it means you're self-isolating for longer than 14 days.
* If you do not get symptoms, you can stop self-isolating after 14 days.

**You can also follow these practical guidelines;**

* If a house has more than one bathroom/toilet it is recommended that one is designated for the sole use of those affected/in isolation.
* There would be a need to ensure that those living in a shared house had sufficient food provisions including, tissues, disinfectant/cleaning items, paracetamol, waste disposal bags etc. This might entail delivering shopping to the front door and phoning them to say that a delivery is being made.
* Guests/tenants will be anxious and communication with them may be difficult due to language. It is important that regular communication takes place by phone ideally by someone who speaks their language on a daily basis.
* You may need to organise a rota for cooking in a shared house and give specific instructions regarding personal hygiene and the cleaning of shared spaces such as the kitchen and bathroom after use.

[[1]](#footnote-1)

1. Updated 30.3.20 [↑](#footnote-ref-1)