

Coronavirus (COVID-19) Guidance

PIDGIN

Dis advice get im base for di health advice and information of NHS dem, and e bi advice for everyone wey dey for UK, no mata which country dem come from.

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Wetin bi Coronavirus (COVID-19) and how persin go fit stay safe?

COVID-19 na new illness wey fit affect una lungs, airways and other organs dem. Na one virus wey dem dey call coronavirus dey cause am.

You fit stay safe if you reduce how una dey get near pipo dem wey no dey live for di same domot with una, and by following important rules wey consain hygiene as much as possible to helep stop di spread of coronavirus. Dis includes pipo for all ages dem – even if you no show any sign or get any kain serious sickness so.

- **To dey use public transport:**

Make you try avoid to dey use public transport as much as possible and try to dey cycle, walk or drive instead. If you need use public transport, try avoid times wen pipo dey rush and try dey tanda far from pipo dem. You must to wear face covering for public transport.

E dey important say make you follow dis guidance, dem fit fine you if you no follow am.

- **To continue dey work:**

You must to continue dey work from home if you fit. If you need go work, you must to first check say you and members of una house no get sign of di sickness. If no one among una get sign of di sickness, you fit go work if you sure say you go tanda for wey reach 2 meters from other pipo dem and you go wash or sanitize una hand frequent-frequent.

You fit check with una employer for steps wey im don take to make sure say una workplace dey safe and personal protective equipment dey di place.

Di police and di army fit helep force pipo make dem obey di things wey consain public health, and to make sure say food and other things wey pipo need get to pipo wey dey for high risk.

Government don relax di rules wey consain how pipo dey gather togeda. But, e fit still get some rules wey no go permit say make pipo dey gather anyhow, sake of say dem still dey get increase in di number of pipo wey test positive to Coronavirus for di area. Check with your local authority for any lockdown rules for your area wey consain you.

Wetin you fit do if una get symptoms?

If you get:

- bodi wey dey hot – your chest or back dey feel hot when dem touch am
- new cough wey no dey stop – dis mean say you don start dey cough repeatedly
- loss or change for di way wey una dey taste or smell things (anosmia) - if you no fit smell or taste anything, or things dey smell or taste different from normal

You must to follow dis steps as soon as possible:

Separate unasef: stay for house for at least 10 days and follow di **guidance for how to stay separate for pipo wey dey live for di same house and wey fit don catch coronavirus infection.** Anyone else for una domot or who had close contact with you must separate demsef for 14 days.

Get tested for Coronavirus within di first five days wey you get di symptoms:

Anyone fit get tested for free if dem get symptoms to find out if dem get di virus. E get 2 ways to get tested. You fit either say make dem do di test for you where you dey live, or you go go test site go do am. You go get your test results by text message, email or phone call.

To book a test or to order it online visit <https://www.nhs.uk/ask-for-a-coronavirus-test>

If you no get online access, call 119 in **England, Wales and Northern Ireland** or 0800 028 2816 in **Scotland**.

If di test result dey positive: you must finish di time wey remain for di ten days wey you dey separate unasef, and everyone for una domot or who come close to una must continue di time wey remain for their 14 days separation.

Di tracing service for your area go contact you to ask for your helep to stop further spread of di virus. Dem go ask you di places you go recently and who you don get close contact with. Dis dey important to sabi di persin wey need separate imsef and stay for house for 10 days or more.

If di test result dey negative: you fit stop to dey separate unasef if you dey well and no get symptoms again. Other members for your domot or who don come close to una also fit stop to dey separate demsef.

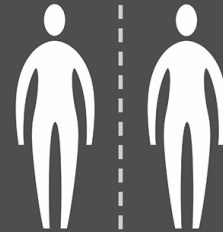
Guidance on how to stay separate for pipo wey dey live for di same house and wey fit don catch coronavirus infection



No go work, school, GP surgeries, pharmacy or hospital



Make you use separate facilities, or make you clean bifor you use am again



No dey come too close to other pipo dem



Make you allow say make dem deliver food & melesin to you



Make you follow di guidance on visitors



Dey sleep alone, if possible



Make you wash your hands regularly



Make you dey drink plenti water



Make you dey take paracetamol to help you with una symptoms

Ask for a coronavirus test as soon as you get symptoms (you must to do di test for di first 5 days): <https://www.nhs.uk/ask-for-a-coronavirus-test>. You go need give your contact details and get mobile phone wey dey work to receive test results as text message.

Find out more at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

How long persin go follow di guidance on how to stay separate?

- Anyone wey dey show sign of di sickness must to stay for inside im house and no come near other pipo dem for at least 10 days.
- If you dey live with other pipo, they sef must to stay for house and no come near other pipo dem for at least 14 days, for sake of say make dem no spread di infection outside di home.
- But, if anyone for your home dey show sign of di sickness, they must to stay for house and no come near other pipo dem for 10 days from di day wey their sign start. Even if e mean say dem go dey for inside house for longer than 14 days.
- If you dey live with someone who im age don reach 70 or pass, wey get long-term sickness, wey get belle or wey im immune system don weak finish, try find somewhere else for dem to stay for 14 days.

When you go contact NHS 111?

- you no feel well at all so tey you no fit do di kain thing wey you dey do bifor, like, to watch TV, use your phone, read or get out of bed
- you feel say you no fit cope with your signs of sickness for house again
- your condition dey get worse

How you go contact NHS 111?

You fit use di NHS 111 online coronavirus service (<https://111.nhs.uk/covid-19>) to find out wetin you go do next. If you no fit access online services you fit call 111 (dis na free number to call). You fit get interpreter for your language by repeatedly answering “**yes**” to all questions.

Wetin you go do if you dey worried about your immigration situation?

Visitors wey come from anoda obodo come **England**, plus including anyone wey dey live for UK and wey no get permission, we **no** go charge dem for:

- testing for coronavirus (even if di test show say una no get coronavirus)
- treatment for coronavirus – but if you don start treatment and test come show say una no get coronavirus, dem fit charge you for any treatment wey you take after una get di test result
- treatment for children who come get wetin dem dey call multisystem inflammatory syndrome

No need for immigration checks if dem test or treat una only for COVID-19.

Wetin you go do to helep stop Coronavirus (COVID-19) say make im no spread?

- Make sure say you wash una hands frequently with soap and water, for at least 20 seconds
- Follow advice for stay alert and safe
- Depending on where you dey live, dey follow di advice on face cover and tanda 2 meters away from other pipo wey no dey live with una for di same domot.

For more informate:

- NHS Guidance <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- WHO guidance: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>