

General Health Advice:

For most, coronavirus will be a mild illness. **General symptoms are:**

- a **high temperature** - feeling hot to touch on your chest or back (don't need to take your temperature)
- a **new continuous cough** - coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- **Loss or change to your sense of taste or smell**

If you have any of these symptoms, do not go to a GP surgery, pharmacy or hospital. Use 111 online coronavirus service (www.111.nhs.uk/covid-19) . Call 111 if you can't get help online.

If you have these symptoms:

- **You should arrange to get a test here:**

<https://www.gov.uk/get-coronavirus-test>. **Basis can help with this.**

- you should isolate and not leave your home until you get a test result. **If you test positive**, you should remain isolating for at least **10 days**, depending on how long your symptoms last.
- Members of your **household** and **support bubble** should isolate for at least **14 days** and longer if they get symptoms.
- You should also contact people **outside your household** that you have had **close contact** with in the last 48 hours.

Visit www.nhs.uk/conditions/coronavirus-covid-19/ or

www.gov.uk/coronavirus for more info and **talk to Basis for support**

Getting support during national lockdown:

- **If you need support** with collecting food/meds, emotional support or other worries, **Basis can help.**
- **The government website** also has info on **getting support with work, food, health:** <https://www.gov.uk/find-coronavirus-support>;
- If you are **clinically vulnerable**, you can register for support here: <https://www.gov.uk/coronavirus-shielding-support>



Government guidance on what you can and can't do:

Government measures are changing often. Since we are now in a national lockdown what you can do has been limited further, please read the section below for an outline of the current rules. Police and authorities can enforce new measures, including through fines and breaking up gatherings. As Leeds and other parts of West Yorkshire have High Levels of Covid, we must all be careful and work together to stay safe. For updated info, please visit: www.gov.uk/coronavirus

Currently under the rules of the national lockdown you can leave your house for:

- **shopping for necessities.** Only supermarkets are open but it is safer to limit the number of visits
- **spending time 2 metres apart with **only one person from another household.** This must be outside in a public space.**
- You **cannot have guests inside your home, or visit another household** to socialise unless you are part of their support bubble.
- A **single adult household** can merge with another household to make a '**support bubble**' which counts as 1 household overall
- any **medical need**, to **escape risk of harm**, illness or injury, or to **provide care** or help to a vulnerable person
- **travelling to work**, but only where this cannot be done from home and can be done safely. **You should work from home wherever possible.**
- **Taking children to childcare or school**
- **Visiting your place of worship for independent prayer**
- **Exercise outside with up to one other person** who is not in your household, but you must stay **2 metres apart.**

You must stay in your house as much as possible and only leave for the reasons stated above. If you have symptoms you should stay isolating in your home

For more updates and info please visit: www.gov.uk/coronavirus



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[www.basisyorkshire.org.uk/
sex-work-project](http://www.basisyorkshire.org.uk/sex-work-project)



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For people who use substances:

- **Wash hands thoroughly** for at least 20 seconds with soap & water (or alcohol gel when unavailable) before and after handling any drugs or drug using equipment
- You could be more vulnerable to infection: if you smoke, you are more likely to have chest issues. If infected, you could struggle with inhaling substances. However, injecting is still a really big risk. Oral and anal are safer alternative ways of taking drugs.
- Make sure you have a **clean surface** before you prepare your drugs.
- Keep supplies of **clean injecting equipment** from your needle syringe provision
- **Don't share** from bags of drugs or drug paraphernalia like pipes, bongs, vapes, joints, snorting tubes or injecting equipment. Colour coding may be useful.
- **Use new paraphernalia** each time and make sure you know how to get access to new injecting equipment: avoid using things like cards, notes or keys which can harbour viruses.
- In case of accidental opioid overdose, **make sure you have access to enough naloxone, ask Forward Leeds if you don't have any**
- **Prepare your drugs yourself** & avoid touching other people's drugs or equipment
- If you have difficulty in getting hold of substances, ask for advice on how to reduce risks and how you can be supported, especially when self-reducing.
- For every **new supply**, make sure you only **try a small amount first**, especially if using a new supplier or a supply that appears different
- Before injecting, crush substances down as fine as possible before use to reduce damage to the body
- **Keep all injection sites clean** and try to rotate injection sites so that the area doesn't get sore which makes it easier to get wound infections.
- **Stay well hydrated and eat nutritious meals regularly.**

Advice for those drinking alcohol, visit:

www.forwardleeds.co.uk/2020/05/18/covid-19-latest-update/

If you have a prescription for substance use treatment:

- **Check if there will be any changes to how you will receive your prescribed medication**
- If you have to **self-isolate**, make sure you **let the service know** and give them your (and an emergency contact's) **up-to-date contact** details.
- If you are given larger supplies to take away with you to reduce pharmacy trips, **keep taking daily doses as prescribed** - taking more could lead to overdose
- If you are unable to pick up your prescription from the chemist, you can nominate someone to do this for you. Ask the service for details.
- Think about how to keep any medication and illicit substances/paraphernalia locked safely away - **ask Forward Leeds if you need storage.**

For more support get in touch with Forward Leeds: 0113 887 2477 / info@forwardleeds.co.uk

Managing your mental health:

- If you need medication for your mental health and are not isolating, you can pick up your prescription as usual
- If you are isolating, friends, family members and support workers may be able to collect this for you or your pharmacy may deliver
- If you are worried about accessing medication, **NHS 111** can also help
- Expressing your anxieties can also help - talk to trusted people, including your support worker, about how you are feeling. Basis can also direct you to mental health support helplines and services.
- For more tips on taking care of your mental wellbeing, please visit the NHS website: www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/

If you need any help or support please get in touch with Basis.



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