

# Important Information for Tenants



Issue 6 13th May 2020

*Throughout the Coronavirus Crisis, Gatesbielld will periodically issue these information sheets to bring you the latest advice from the Government and other authoritative sources such as the World Health Organization.*

***South Lakeland has one of the highest Covid-19 infection rates in the whole country, so it is vital to continue to follow the Government's Guidance.***

The Government has issued new Guidance that takes effect from 13<sup>th</sup> May.

**For those who received a letter from the NHS to advise them to shield, there is no change—shielding will continue until at least the end of June.**

**The advice to anyone aged 70 or over remains to stay at home as much as possible and, if you do go out, to take particular care to minimise contact with others outside your household.**

The advice for the general public (excluding those who have received a letter from the NHS advising them to shield) has changed as follows:

- You may relax in public spaces (parks etc) and sunbathe or have a picnic, not just take exercise.
- You may go out to exercise as many times a day and for however long you wish.
- You may meet one person from another household, in a public place, outdoors, provided you remain at least 6 feet apart. (Only two people should meet, one from each household).
- You may drive anywhere in England to take exercise (but not stay overnight).
- You are advised to consider using a non-clinical face covering if using public transport or when in a small shop etc, where it may be difficult to be sure that social distancing will be maintained fully.
- You may go to a Garden Centre.

**BUT remember that over 70s are advised to stay at home as much as possible.**

**If you have any questions or would like a full copy of the Government advice, please ask a member of staff.**

**Meeting friends and relatives.**

**If you want to meet friends or relatives at Gatesbielld, please follow this procedure:**

- The visit must be arranged in advance.
- Only you and one friend/relative can meet.
- The friend/relative must not enter your flat.
- You may sit in the Garden (you and one visitor), but should keep at least 6 feet (2 metres) apart at all times and keep away from all other people.

**You may also meet a friend/relative in any public place, outdoors (e.g. a local park).**

The key things to remember at Gatesbield remain unchanged:

**DO** wash your hands, often.

**DO** keep at least 6 feet away from everyone else at all times.

**DO NOT** enter anyone else's flat.

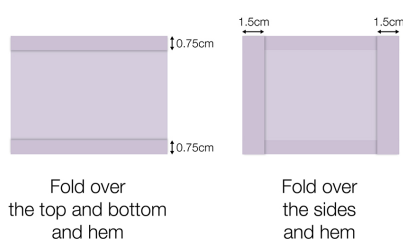
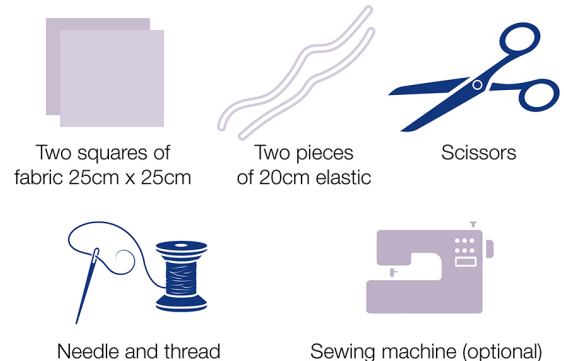
**DO NOT** meet in groups of more than two anywhere, including the Gatesbield Garden, and keep at least 6 feet apart at all times.

## Face coverings

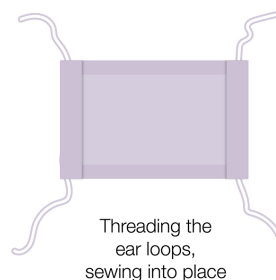
Gatesbield has a supply of facemasks. Please ask a member of staff if you require a facemask.

Some of you might like to make your own face covering. Here are some instructions. The things you will need are shown on the right

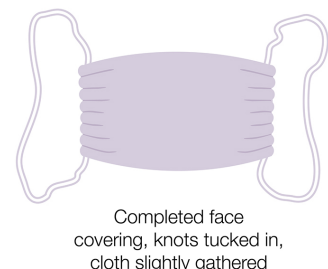
**Step 1:** Cut out two 25cm x 25cm squares of cotton fabric. Stack the 2 squares on top of each other.



**Step 2:** Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.



**Step 3:** Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly. If you only have string, you can make the ties longer and tie the covering behind your head.



**Step 4:** Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.