

# Why contact tracing apps could flag more infections

Bob has coronavirus but has not yet been diagnosed



He sees his housemate in the morning for breakfast



Manual contact tracers can quickly identify his housemate as a close contact



Bob has a conversation with a stranger while getting coffee



Manual contact tracing could identify some customers from the coffee shop



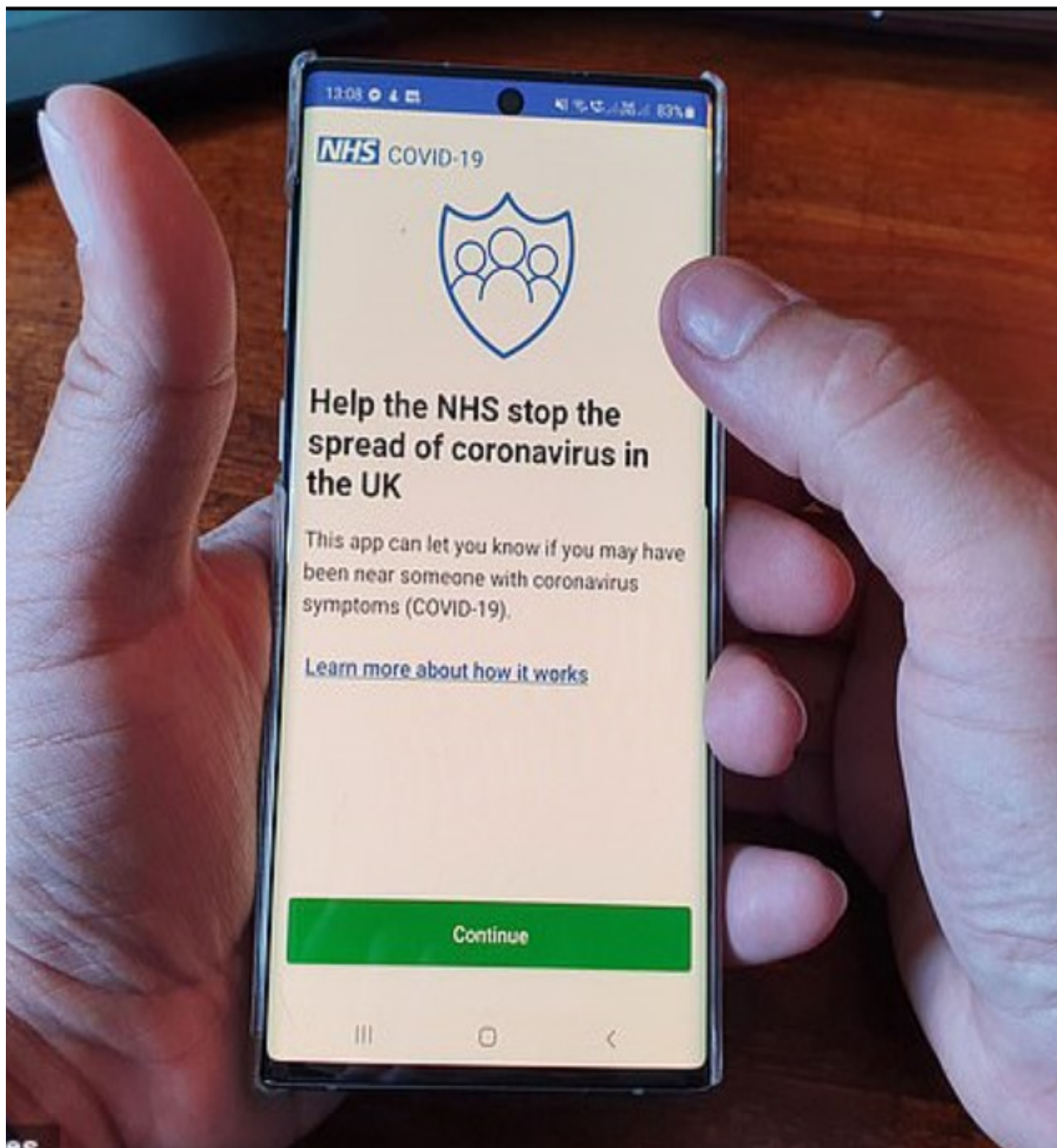
The bus to work is crowded and Bob has to stand



Manual contact tracing is unlikely to identify everyone on the bus standing near Bob

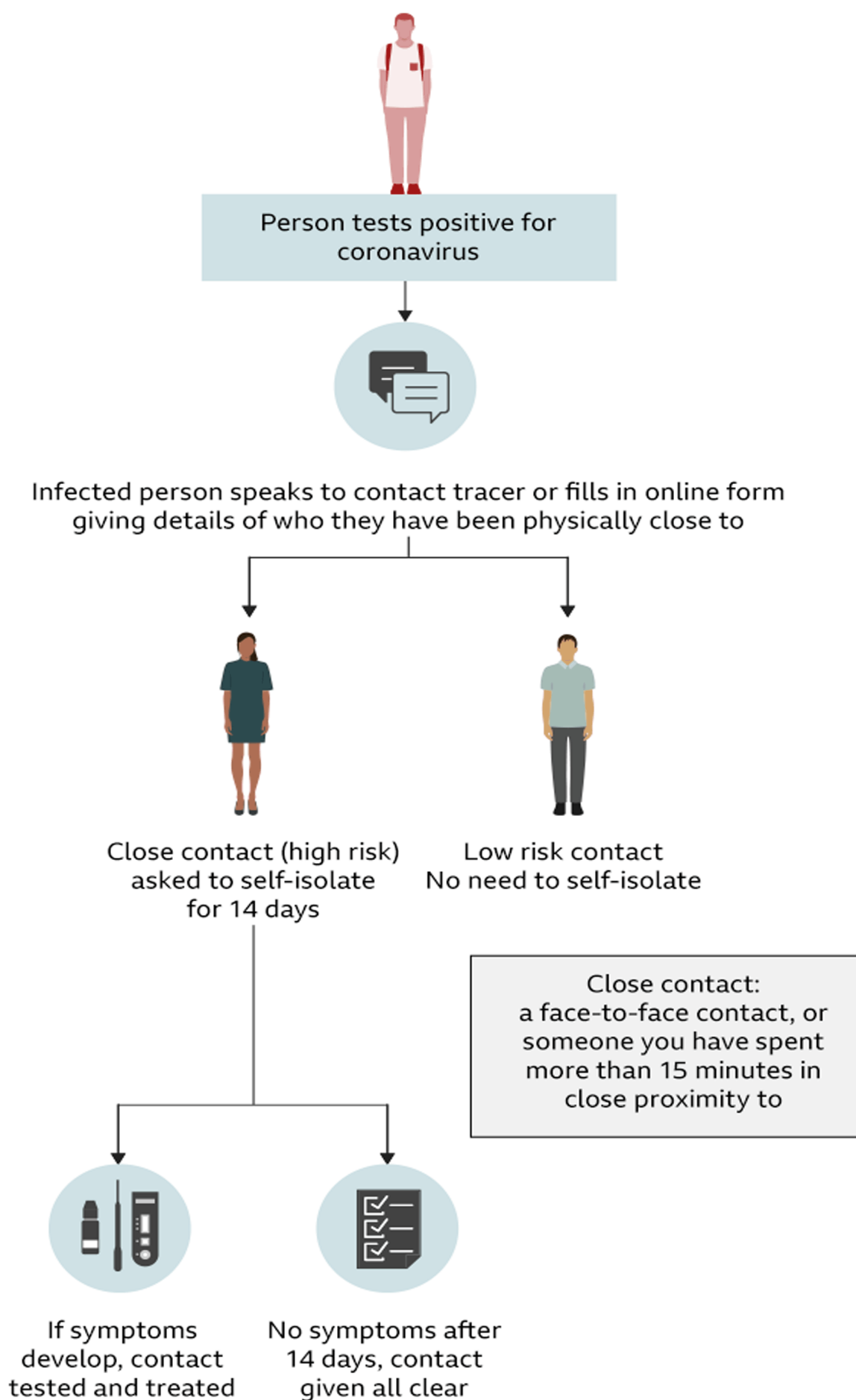
App tracing most useful in these cases as unknown contacts can be alerted quickly





With thanks to the BBC

# How manual contact tracing works



# Government's first steps to ease lockdown restrictions in England

Progress based on assessment of infection rate

Step

This week

1

## From Monday 11 May

- Social distancing measures continue
- Work from home if you can
- Avoid public transport if possible

## From Wednesday 13 May

- Some industries, such as construction and engineering, encouraged to return to work if safety measures are in place
- Take unlimited amounts of outdoor exercise
- Drive to do exercise if you want
- Exercise/play sport with one person you don't live with
- Enjoy parks without having to exercise

2

1 June at the earliest

- Phased reopening of shops
- Schools could begin phased reopening
  - Process will begin with Reception, Year 1 and Year 6
  - Secondary school students with exams next year may get some time with teachers before summer holidays

3

4 July at the earliest

- Reopening of some of the hospitality industry
- Reopening of public places

# Coronavirus alert levels

UK at level 4

Stage of outbreak		Measures in place
Risk of healthcare services being overwhelmed	5	Lockdown begins
Transmission is high or rising exponentially	4	Social distancing continues
Virus is in general circulation	3	Gradual relaxation of restrictions
Number of cases and transmission is low	2	Minimal social distancing, enhanced tracing
Covid-19 no longer present in UK	1	Routine international monitoring

Source : UK government

**BBC**

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

 HM Government

## How we can control the virus

- ▶ We can control the virus by keeping the rate of infection and the number of infections down.
- ▶ This is how we can continue to save lives and livelihoods as we start to recover from Coronavirus.
- ▶ Everyone has a role to play in keeping the R down by staying alert and following the rules.

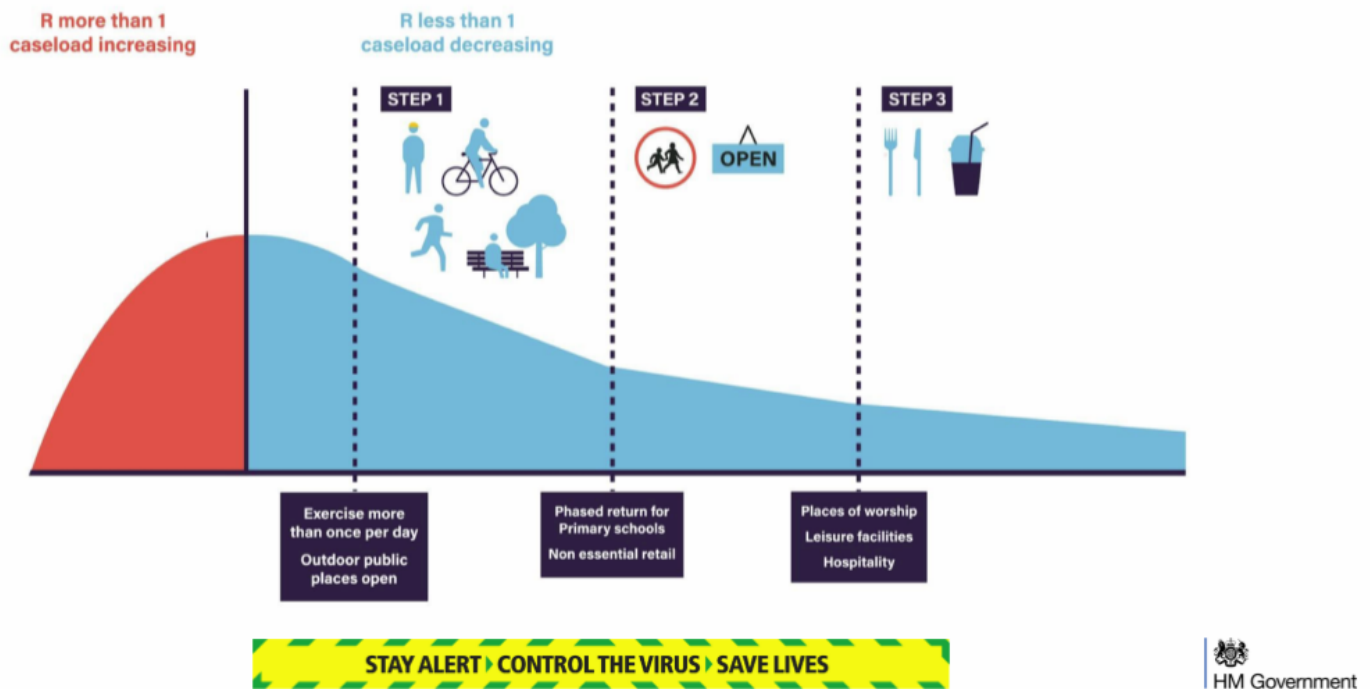
STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

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# Steps of adjustment to current social distancing measures



**STAY ALERT > CONTROL THE VIRUS > SAVE LIVES**

HM Government

Some of the rules about what you can do have changed – this is why we are asking everyone to Stay Alert

- ✓ **As long as you stay 2 metres away from people outside your household, from today you are allowed to do the following:**
  - spend time outdoors - for example sitting and enjoying the fresh air, picnicking, or sunbathing
  - meet one other person from a different household outdoors
  - exercise outdoors as often as you wish
  - use outdoor sports courts or facilities, such as tennis or basketball courts, or golf courses - with members of your household OR one other person outside your household
  - go to a garden centre
  - Estate agents' offices can open; Viewings - both virtual and in person - are permitted

- ✗ **As with before, you cannot:**
  - visit friends and family in their homes
  - exercise in an indoor sports court, gym or leisure centre, or go swimming in a public pool
  - use an outdoor gym or playground
  - visit a private or ticketed attraction
  - meet more than one person outside your household, except for a few specific exceptions set out in law (for work, funerals, house moves, supporting the vulnerable, in emergencies and to fulfil legal obligations)

**If you or someone from your household is showing coronavirus symptoms, you must self isolate. This is critical to staying safe and saving lives.**

**You should also continue to wash your hands more often, for 20 seconds, and follow the guidance on hygiene.**

**STAY ALERT > CONTROL THE VIRUS > SAVE LIVES**

HM Government

# What should I do?

## Updated guidance for England



**Stay home  
whenever possible**



**Work from home  
if you can**



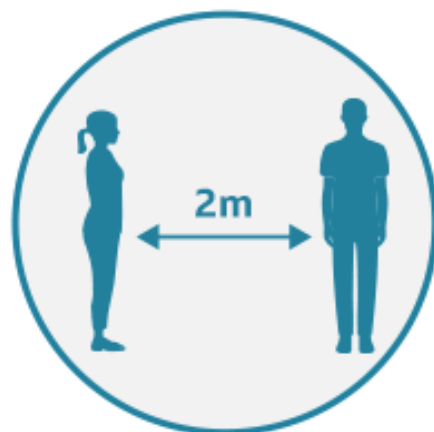
**Avoid public transport  
if possible**



**Take unlimited exercise  
outside\***



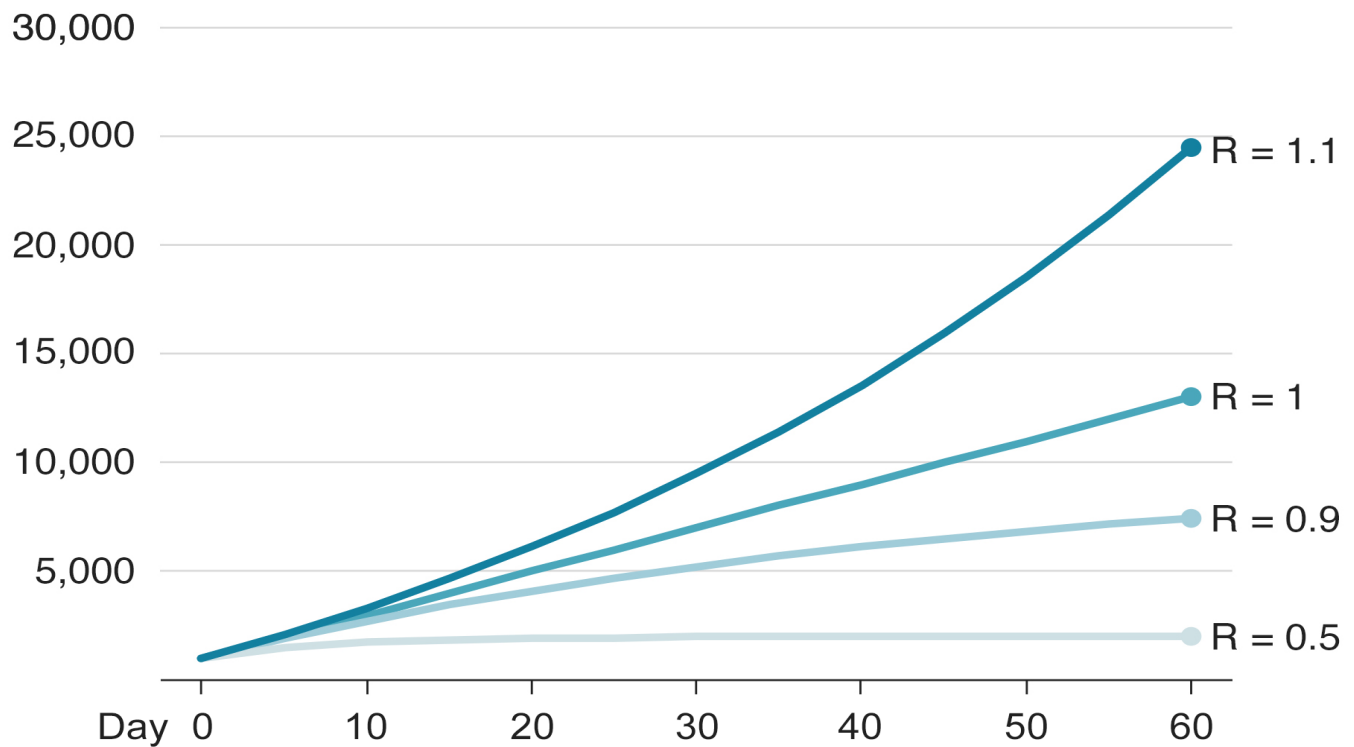
**Enjoy parks and public spaces  
without exercising\***



**But always keep your  
distance in public**

\*From 13 May

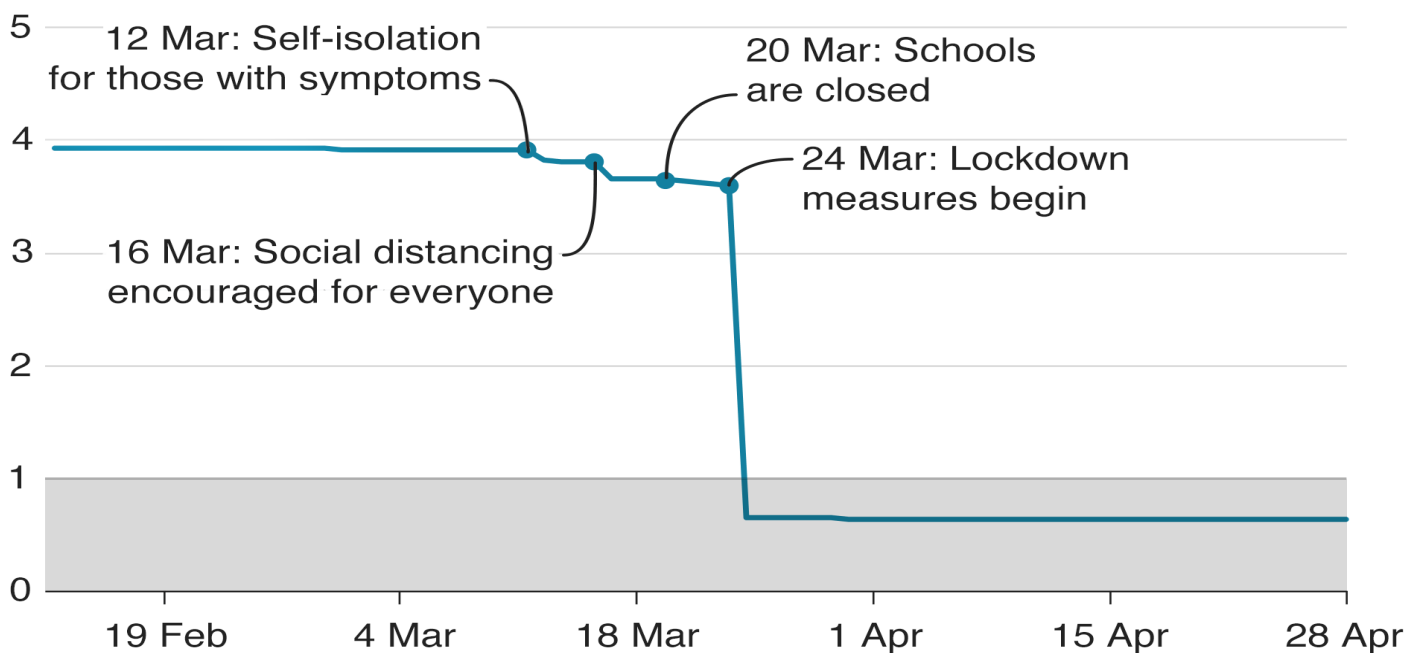
# How 1,000 cases would increase under different infection rates



BBC

# How the lockdown cut the rate of infection in the UK

Infection rate (R)



Imperial College London

BBC

With thanks to the BBC



# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

## Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it

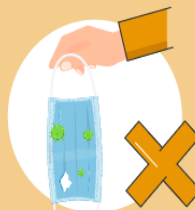


Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

## Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

**Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.**

EPI·WIN



# What is the difference between the tests?

**Swab test** (diagnostic test)

**Blood test** (antibodies test)

**Have I got it?**

**Have I had it?**



**How long do results take?**

Days

Seconds

**What is required?**

Swab from nose  
or throat

Blood sample

**What happens next?**

Laboratory runs a  
polymerase chain reaction  
(PCR) test

Solution added  
to test device

**How does it work?**

Looks for coronavirus  
genetic material

Detects antibodies  
created by body  
to fight virus

**What does a positive result mean?**

Patient has the virus

Patient has had the  
virus in the past

# Doncaster Community Hub

Doncaster Community Hub has been set up to support the most vulnerable people during the Coronavirus outbreak. A range of organisations are coming together to offer support.

## We can help with things like:

- ✓ Picking up shopping & supplies
- ✓ Getting connected
- ✓ Picking up medicine
- ✓ Supporting you to keep active
- ✓ Providing Meals
- ✓ Posting Mail

Get in touch with our Helpline now

01302 430300

[www.dncommunityhub.org.uk](http://www.dncommunityhub.org.uk)

[enquiries@dncommunityhub.org.uk](mailto:enquiries@dncommunityhub.org.uk)



## How to stay safe when exercising during virus restrictions



Stay close to home, don't travel unnecessarily



Only go outside with people from **your household**

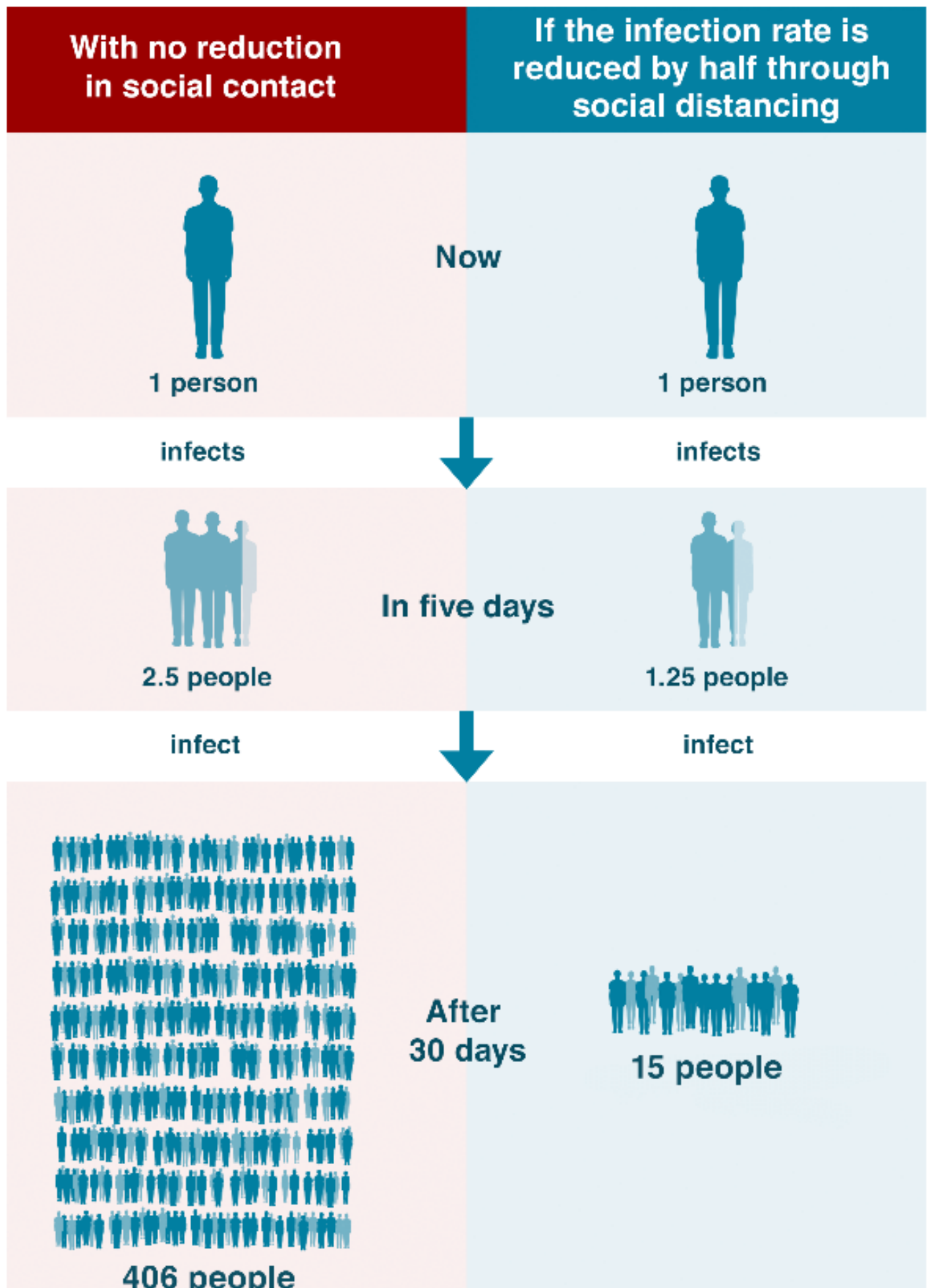


Gatherings of more than **two people** in parks or public spaces are banned



Use your garden, if you have one

# Why everyone should be social distancing



With thanks to the BBC



# How to stick together, by staying apart



**Stay at home**  
no unnecessary journeys  
or social contact



Only leave home for  
**essential shopping**  
or **medical needs**



Or **exercise once a day**



Or **travelling to work** if  
**absolutely necessary**



Public gatherings of  
**more than two people are banned** -  
excluding people you live with



**Police may be able to fine you**  
if you don't follow the rules



# What should I do to prevent catching and spreading the virus?



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



**Throw away used tissues**  
(then wash hands)



If you don't have a tissue  
**use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**

# How can I try to stay well and avoid spreading the virus?



**Wash hands frequently** with soap and water or use a sanitiser gel



Work at home where possible and **avoid social venues**



Catch coughs and sneezes and **throw away used tissues**



If you don't have a tissue **use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**

# If I am unwell, what should I do?



Do not go to a GP surgery, pharmacy or hospital



If you have a 'new continuous' cough or high temperature you should self-isolate for 7 days and visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) for help



Anyone living with someone who has symptoms should stay at home for 14 days, in case symptoms develop



If symptoms worsen – use online 111 coronavirus service at [111.nhs.uk](https://www.111.nhs.uk)



The service will give you advice on what to do next