





Public Health
England

Protecting and improving the nation's health

Coronavirus (COVID-19)

Guide for young people who look after someone else

	<p>A young carer is under 18 and looks after someone in their family.</p>
	<p>A young adult carer is 16-25 who looks after someone.</p> <p>They may not live with the person.</p>



COVID-19 is a new illness. Many people call it coronavirus.

It can affect your lungs and your airways.

The symptoms of coronavirus are:

- high temperature (your back and chest feels hot to touch) and/or
- a new cough where you keep on coughing. This means coughing a lot. Maybe for more than an hour or three or more long periods of coughing a day.
- a loss or change in your normal sense of smell or taste.

Stopping coronavirus spreading



Everyone should do these things to stop the virus spreading:

Wash your hands lots during the day:

- ✓ use soap and water
- ✓ use hand sanitiser (gel) if there is no soap and water when you are out
- ✓ make sure you wash your hands

when:

- you come home
- you visit other places
- before you touch food




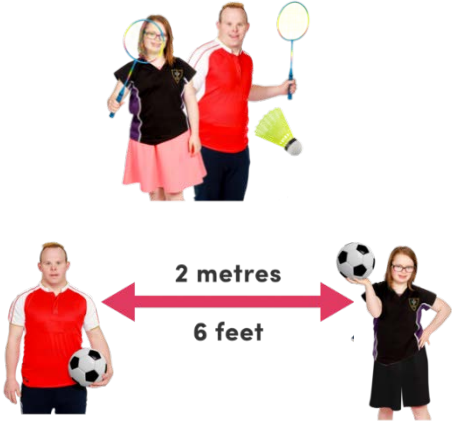




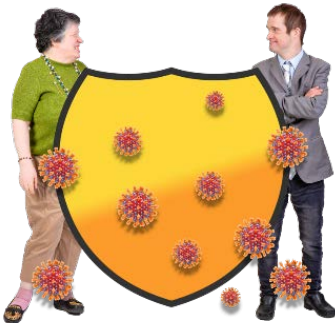
✓ Always cough and sneeze into a tissue.



✓ Then throw the tissue away and wash your hands.








✓ Keep surfaces clean especially in the kitchen.

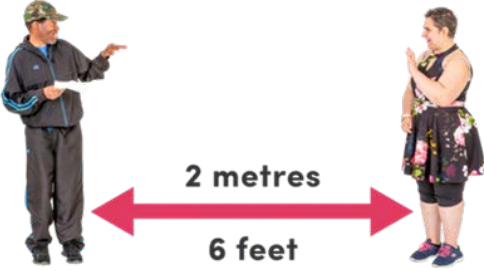



	<p> Do not touch your eyes, nose or mouth.</p> <p> Do not share cups and plates etc. with others before you have washed them.</p>
	<p>You can exercise outside as much as you like.</p> <p>From 4 July you can meet with up to six people who don't live together and exercise together as long as you stay three walking steps away from them or one metre when additional measures have been put in place to reduce the spread of the virus. For example, use of face coverings.</p>
	<p>From 4 July, when you go outside you should make sure you are three walking steps apart (2 metres) from anyone you don't live with or one metre when additional measures have been put in place to reduce the spread of the virus. For example, the use of face covering.</p> <p>When you are travelling on public transport you must wear a face covering like a scarf or a mask. You should also do this when you are inside places like shops especially</p>





	<p>where you can't stay three walking steps away from people you don't know.</p>
Protecting yourself and the person you care for	
	<p>Some people are <u>more</u> likely to get very poorly and some people might get very ill.</p>
	<p>The people who are most likely to get very ill might choose to do something called shielding. They should not go out at all if so. This advice will change as the virus starts to slows down. The government will keep everyone up to date when this happens.</p>


	<p>You do not need to wear a face mask and apron like a hospital doctor would wear unless you have been advised to by a health care professional, like a GP, or nurse.</p> <p>The government is checking the situation and this advice might change.</p>
	<p>Asking for help</p> <p>Remember it is OK to ask for help.</p> <p>Ask friends, family and other people who support you for their help to get the things you need to stay at home.</p>
	<p>If you will be asking people to bring you things you need, tell them that they should leave them outside your door.</p> <p>This includes people you know who do not live with you and people you don't know like delivery drivers who bring things you have ordered.</p>



	<p>You might be able to get medicine delivered.</p> <p>Ask the person you look after to contact the pharmacy (chemist) or their GP (doctor) to arrange this.</p>
	<p>Making a plan</p> <p>If you look after someone, talk to them and family and friends about a plan in case someone is ill.</p> <p>This should include:</p>
	<p>✓ who will look after them</p>
	<p>✓ how they like to be supported</p>
	<p>✓ medicines they take</p>

	<p>✔ how to help them if they have to go to hospital</p>
	<p>If someone in your house gets coronavirus.</p> <p>You should stay in doors for two weeks.</p>
	<p>If you become ill with coronavirus during this time.</p> <p>You should stay home another week to make sure you are better before you go out again.</p>
	<p>Ask for someone else to help look after the person you care for.</p>

	<p>From 4 July you should continue to stay at least two metres (three steps) away from them as much as you can or one metre when additional measures have been put in place to reduce the spread of the virus. For example, use of face coverings.</p>
	<p>You should not meet up with other people who don't live with you.</p>
	<p>Other things you should do to try to stop the virus spreading to them.</p>
	<p>1. Don't share plates or cups.</p>

	<p>2. Use a different bathroom if possible.</p> <p>If you use the same bathroom clean it each time after you use it. Wipe all surfaces you have touched using strong household cleaner (disinfectant).</p>
	<p>3. Use different towels.</p>
	<p>4. Do not share a bed if possible.</p>
	<p>5. Do not use the kitchen at the same time.</p>

	<p>6. In the kitchen and other rooms in your house clean surfaces you often touch such as:</p> <ul style="list-style-type: none">● door handles● handrails● remote controls● table tops <p>Do this several times a day. Use household cleaner (detergent).</p>
	<p>7. Use a dishwasher. If this is not possible use a different tea towel to dry each person's things.</p>
	<p>8. Do not shake dirty washing before putting it in the washing machine.</p> <p>If you do not have a washing machine wait three days after your staying at home period ends before taking it to be washed.</p>
	<p>If carers come into your house.</p> <p>They are still allowed to visit even though other people can't.</p>

	<p>They should wash their hands when they come in.</p>
	<p>They might wear protective clothing so they don't pass the virus to other people they visit.</p>
<h2>What to do if you or someone you share your home with has coronavirus symptoms</h2>	
  	<p>If you have any coronavirus symptoms you should stay at home for 7 days.</p> <p>Do not go to a GP surgery, pharmacy or hospital unless it is an emergency.</p> <p>In an emergency dial 999</p>



Book a test as soon as possible



To do this visit the NHS website or call **119**



If you can, tell the people you have been close to over the last 2 days that you have coronavirus symptoms.



Being close to could mean:



1 metre (3 feet)

Being face to face with someone who is closer than 1 metre (3 feet) from you for **any length of time**.



2 metres (6 feet)



This includes things like:

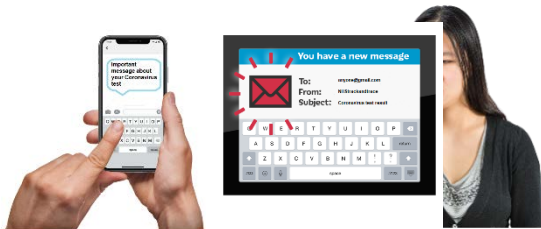
- talking to someone
- coughing on someone

Being within 1 to 2 metres (3 – 6 feet) of someone for **more than 15 minutes**.

This includes things like:

- being in a car with them
- spending time at home with them doing things like cleaning

What will happen and what to do if your test shows you have coronavirus



If your test shows you have coronavirus, you will be contacted by text, email or phone and will be asked to provide information about the people you have been close to recently. Ask someone you trust to help you if you are contacted to make sure it is the NHS calling and not someone who is not genuine.

After 7 days if you still have a high temperature, you must stay home and away from people until you feel better.








After 7 days if you **only** have a cough and/or loss of sense of taste or smell you don't have to stay home and away from people any more.






Everyone else you share your house with should still stay home because they might have caught the virus but not be showing symptoms yet.



They should stay at home for **14 days** from the **first day you** felt poorly even if they feel well.

   	<p>If someone you share your home with has signs of coronavirus you should stay at home for 14 days.</p> <p>This is whether you have coronavirus symptoms or not.</p> <p>If you then start to have coronavirus symptoms yourself, you should stay at home and not meet up with other people for 7 days from when your symptoms started.</p>
<h2>Looking after yourself</h2>	
	<p>It can be hard to look after yourself when looking after someone else.</p> <p>Keeping yourself well is important for you and the person you care for.</p>

  	<p>Look after your body.</p> <p>Do</p> <p>✓ try to eat well</p> <p>✓ drink enough water</p> <p>✓ exercise every day</p>
 	<p>Don't:</p> <p>✗ Smoke</p> <p>✗ Drink alcohol</p>

	<p>Keep in touch with people.</p> <p>Talk to friends and family on the phone or on online.</p> <p>Lots of speaking up groups are meeting online or by phone.</p> <p>You can ask your families or carers to help you find out how to join in.</p> <p>Learning Disability England have lots of information here.</p>
	<p>Plan your new routine</p> <p>You may feel you have to do school or college work.</p> <p>Thinking you have too much to do can make you feel worried.</p> <p>Making a plan can help.</p> <p>Plan in when you will do your school or college work.</p> <p>Plan in breaks to do the things you enjoy.</p>
	<p>Look after your feelings</p> <p>Young Minds has information about what to do if you feel anxious about coronavirus and how to look after your own mental health. Click here.</p>

Getting help



Remember it is OK to ask for help.



You might want help with:

- getting food
- getting medicine
- having enough money
- school or college

People who can help you



Teacher

Teachers at your school are still working and can help you find the right people to talk to.

They can help you with getting support to do your school work.



School Nurse

If you have a school nurse, you can contact them. Your school will have their contact details.



Social worker

If you or someone in your family has a social worker, you can ask them for help.



Support worker

If you have a young carers support worker, you could talk to them about what they can do to help.



If you do not have a young carers support worker or if no-one knows you are a young carer you can find help on the children society website by clicking [here](#).

Helplines



**NHS VOLUNTEER
RESPONDERS**



If you would like to speak to someone privately, you could try calling a helpline.

For help with shopping or medicine call 0808 1963646 for a NHS Volunteer. (between 8am and 8pm).



If you have worries you can call Childline on 0800 1111 any time.



If you are feeling really sad you can call the Samaritans on 116 123 any time.