

This leaflet includes important information on how **older people** can keep safe this winter and help reduce the infection rate of coronavirus in their community



HELP KEEP ROTHERHAM OPEN

www.rotherham.gov.uk/coronavirus

We know it's been difficult for older residents during the coronavirus pandemic. And, as we head into winter we are preparing to face a second wave of the virus.

The situation is changing all the time, so it's important that you keep up to date with the latest information so that you can stay safe, well and active.

What is coronavirus?

Coronavirus is a new illness that affects the lungs and airways. It is very infectious and spreads easily. People with coronavirus can experience mild symptoms, however some patients have more severe symptoms that need treatment in hospital.

The main symptoms of coronavirus are:

- a high temperature
- a new, continuous cough (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste

If you have any of these symptoms, you must self-isolate at home and book a test either by **calling 119** or by going online to **www.nhs.uk/coronavirus**. If you start to feel very unwell you should contact your GP as you normally would.

Tests are available at either a local walk through or drive through test site, or through a home test kit which is delivered directly to your door.

The test takes five minutes to do. It involves using a swab to gently brush the back of your throat and up your nostrils. You will get the result back in 24 to 48 hours. You must continue to isolate until you get your results.

If you test negative, you will be able to go out of your house, however, this only means you tested negative on that day. You could still catch the virus at a later date. If you get symptoms again, you will need to have another test.

If you test positive, you will need to continue to isolate for 10 days.

If your symptoms get worse or you are finding it difficult to breathe, you should **call 111**.

How can I prepare for winter?

Like other respiratory diseases such as cold and flu, coronavirus cases are expected to rise over winter. Currently there is not a vaccine for coronavirus, but you can help to protect yourself from other seasonal illnesses by getting a flu vaccine.

Flu can be a serious illness and lead to complications such as pneumonia. You can reduce your risk of catching flu by getting a flu vaccine at your local GP or pharmacy.

You can get a free flu vaccine if you are 65 or over, have an underlying health condition (such as long-term heart or respiratory disease) a weakened immune system or you or someone you live with is on the NHS coronavirus shielding list. Talk to your local pharmacy or GP for more information.

Staying active in both mind and body is important, especially in winter. Try to meet with friends and family if the guidelines allow or call them if you are unable to meet in person.

Useful contacts

Rotherham Community Hub

For support with medicine collections and other services.

Call: 01709 807 319

Go online: www.rotherham.gov.uk/coronavirus

Age UK Rotherham

Call: 01709 835 214

Go online: www.ageuk.org.uk/information-advice/coronavirus/

NHS

Call: 111 for medical advice / Call: 119 to book a coronavirus test

Go online: www.nhs.uk/coronavirus

Remember

If you need to see your GP or a nurse then you should contact them as you normally would. If you go to the clinic or pharmacy remember to wear a face covering and follow social distancing guidelines.



**KEEP
TWO
METRES
APART**

That's six feet away from people you don't live with.



**WASH
YOUR
HANDS
OFTEN**

Use hand sanitiser if you're out and about.



**GOT
SYMPTOMS?
GET
TESTED**

Book at a local test site or you can order a home test kit.



**WEAR
A FACE
COVERING**

...in enclosed spaces like shops and on public transport.



**THINK
AHEAD**

Avoid busy times when going out.



**STAY
ACTIVE**

Get outside as often as you can.



**KEEP UP
TO DATE**

Watch the news or go online.



**GET
SUPPORT**

Ask Age UK Rotherham or the Council for help.

Staying safe is important but it's also important to stay active and, wherever possible, keep doing the things you enjoy.