



## CORONAVIRUS & WHAT IT MEANS FOR YOU

### STAY IN YOUR PLACEMENT!

Most of you will know by now that the Government have issued strict guidelines to combat the ever growing pandemic known as the Coronavirus. It is something that we all have to take seriously. The Prime Minister has announced that **EVERYONE** must stay at home unless their journey is essential.

Essential journeys include going to the shop to get food and to the bank or post office to collect your money. You are also permitted to go to the chemist for medication if needed.

Apart from that you **WILL** need to stay in your placement. We know it is boring and that you are unable to visit or meet up with your friends, but everyone has to comply in order to stop the spread of this deadly virus.

At Young London Today, we are aware that this is a worrying time for you and your keyworkers are still on-hand to discuss any fears or problems you may have.

**TO STAY SAFE  
KEEP A 2 METER DISTANCE FROM OTHERS AND ENSURE YOU WASH YOUR HANDS  
FREQUENTLY!**

#### SHOPPING IS A MUST!

Make sure you shop sensibly when you get your living allowances. Buy non-perishable and frozen foods

#### TALK TO OTHERS

Being isolated from your friends can be lonely. Use this time to talk to the other young people in the

#### COOK TOGETHER

At a time where food supplies are short nationwide, share food, cook and eat together

YOUNG LONDON TODAY

# NEWSLETTER



WASH YOUR HANDS FREQUENTLY  
TO HELP PREVENT THE SPREAD OF CORONAVIRUS  
IF YOU COUGH OR SNEEZE, USE A TISSUE AND  
DISPOSE OF IT AFTERWARDS.

## WASH YOUR HANDS



Wash your hands when you come from outdoors and when you use the bathroom. Wash your hands before  
And after preparing and eating food and after touching things like cupboard doors, bannisters and door handles.  
Use soap and wash for at least 20 seconds each time. **HELP KEEP YOURSELF AND OTHERS SAFE!**

## USE SOAP & WATER OR HAND SANITISER

### HELP SOMEBODY OUT

Be considerate to others. You're all in the same position. Do something to help somebody out.

### SHARING & CARING

Food is in short supply. Get together and share food items to save money.

### KEEP CLEAN

Keep your clothes and home clean to prevent the spread of germs.



## LOCK-DOWN AND SOCIAL ISOLATION

### WHAT DOES IT MEAN? AND HOW IT AFFECTS YOU

The Government have decided that the only way to keep us safe and to prevent the spread of the Coronavirus, is for us all to isolate ourselves from each other in order to combat the spread. All the shops have been closed, including take away food shops and only supermarkets, banks, and pharmacies are open to purchase essential supplies.

This means we are NOT to leave our homes to travel unless absolutely necessary, only to buy food or medical supplies.

When buying food, make sure you buy items that do not easily go off. Tin items, noodles, rice and frozen foods are good items to buy. Why not put items together with the others in your unit and prepare a dish together?

Unfortunately, lock-down means, you cannot visit your friends, nor can your friends come to visit you at the unit. This will be a frustrating time for all of us.

## WAYS TO KEEP OCCUPIED DURING LOCK-DOWN

### LEARN A NEW SKILL

Speak to your keyworker about online courses available

### GROUP CHATS

Form group chats with friends to keep in touch with

### WRITE AN ARTICLE

For the YLT Newsletter or send us a joke to keep us entertained 🤔



## STAYING SAFE

What it means is, we all have to spend more time in each other's company whether we like it or not and so during this time of isolation, we must all learn to live with each other and show Patience, respect and understanding. Try to befriend someone, share chores and jokes. Look out for each other and follow the hygiene guidelines.

If someone in the unit is showing symptoms of Coronavirus, advise them to follow the steps below.

### What to do if you need medical help

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the [111 coronavirus service](#).

If you need help or advice not related to coronavirus:

- for health information and advice, use the [NHS website](#) or your GP surgery website
- for urgent medical help, use the [NHS 111 online service](#) – only call 111 if you're unable to get help online
- for life-threatening emergencies, call 999 for an ambulance

Use this time to get to know the other people in your unit, or learn a new skill. Speak to your keyworker about available online courses. You could even write an article, poem, joke or story and send it to: [info@young-london.org](mailto:info@young-london.org) and we will publish the best ones and remember, **STAY SAFE! STAY IN!**