



How we are helping you

- We know that it can be difficult for you to spend longer in your room so we are looking at ways to keep you busy including books, comics and art materials.
- Everyone will be allowed a TV, and there will be no charge to watch.

Thank you for working with us.

If you have any questions please ask staff - we will get through this together.

STAY SAFE

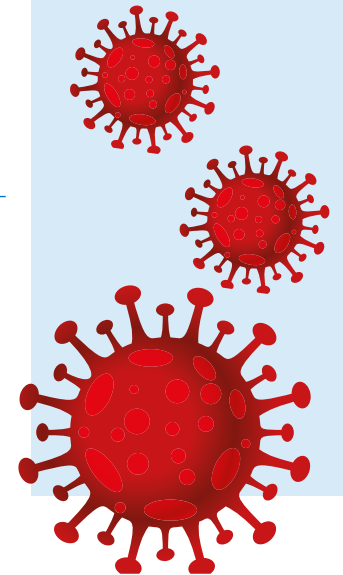
- It's really important that we help each other and stop coronavirus from spreading.
- We will tell you if there are any changes.
- If you have any ideas on anything else that will help, or any issues you would like to discuss let staff know. We are here to listen.
- **Thank you for working with us.**



A guide to COVID-19

What is COVID-19?

- Coronavirus or COVID-19 is a new illness that can affect someone's lungs and breathing.
- Coronavirus has become a health problem for people around the world.
- To help protect you from coronavirus it is important that we keep you safe and healthy.



- There are many changes happening in the community to stop the illness spreading. These include things like closing non-essential shops, restaurants, gyms and asking everyone to stay at home.
- There have been changes to everyone's life and the way we work.

- We need to change how we live and work to keep everyone safe.
- These are big changes and most people find this hard.
- If we work together, we can stay safe and healthy.



Time out of your room

- The main way to stop coronavirus spreading is to stop people mixing with each other.
- This means we cannot have everyone out of their rooms at the same time because people can't mix in big groups. We regret this will mean you will have to spend more time in your room.
- You may not be able to go to the gym. Gyms have closed in the community too. Staff are working to find new ways to exercise and will make sure you access fresh air.



- If you are out of your room you must stay four big steps (two metres or six feet) away from other people. We call this physical distancing.



Food

- Staff will bring your food to your room.
- We know routine is important, and we will try to keep things happening at the same time each day.



Medicine and keeping healthy

- Your health is important to us. You will still get your medicines every day.
- Hand washing is key at the moment. Wash your hands with hot water and soap for 20 seconds to make sure they are clean. This is most important after you have been outside your room, or when you have handled items touched by others.



Visits

- We need to make sure everyone is safe and that includes your friends and family.
- Unfortunately, you won't be able to have any visits because there are too many people in one place. This makes it more risky for people to catch coronavirus.
- The entire secure estate has cancelled visits and many other countries are doing the same too.
- People have been told to stay at home, so visitors aren't able to come to see you.
- We are looking at ways to help you keep in touch with your family and friends. We know it's important that you keep in contact with them.



Court

- Trials will take place at a later date.
- Court appearances will take place via a video link if necessary.
- Your youth offending team worker or your solicitor will be able to tell you more, you can call both of these people for free.