



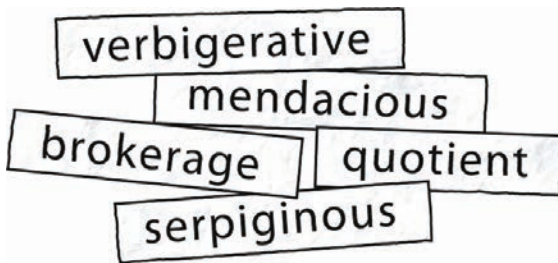
Issue 12

Hello



There is lots of information in this newsletter.

We have tried to make it easy to read.



We put hard words in **bold**.



Sometimes you will see blue web links and emails to find out more. You can click these on your computer. Or if you have a paper copy you can type them into your computer to follow the link.

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Let's talk about coronavirus



Coronavirus is a kind of germ or bug. It is also called **COVID-19**.

Coronavirus can make you very unwell.



You can catch it by breathing in some of the virus or touching some of it on a surface and then touching your eyes or mouth.



Some people hardly know they have it and other people die from coronavirus.

The signs of coronavirus and what to do



Some of the signs of coronavirus are:

- a high temperature



- a new cough where you keep on coughing a lot



- for some people, losing your sense of smell or taste, or a change in these.



If you have **any** signs or worries about having coronavirus, you should get a test as soon as possible.



You can check your signs online.
This is not in easy read.

111.nhs.uk/covid-19



If you have a test and it is positive (it says that you have coronavirus), you need to stay at home for 10 days from **when you started** feeling poorly.



This is an easy read poster on getting tested:

tinyurl.com/PosterTestER



There is information about getting tested on the government website.
This is not in easy read.

www.gov.uk/guidance/coronavirus-covid-19-getting-tested



There is lots of information and new rules to help stop it spreading. We explain more about what to do in the next few pages.



You can make some notes here.

A blank page from a spiral-bound notebook. The page is white with horizontal ruling lines. The spiral binding is visible at the top edge.

Making sure you're following the right rules



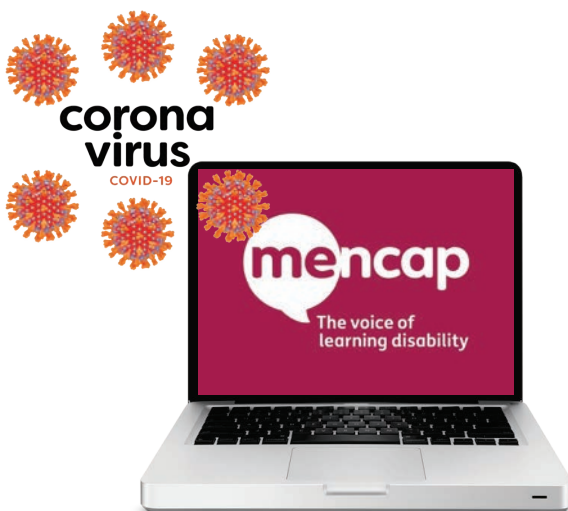
Lots of people are getting coronavirus, so we have to follow rules to try and stop the virus spreading.



The best place to look for up-to-date information is on the government website:

www.gov.uk/coronavirus

Some of this information is in easy read.



There is also lots of easy read on the Mencap website:

www.mencap.org.uk/advice-and-support/coronavirus-covid-19/coronavirus-help-stay-safe-and-well

Support bubbles and households



A support bubble is where someone who lives alone (or just with their children) can meet people from 1 other household



A household is the people living in one place.

This could be one person living by themselves, a family, a group or flatmates.



Some other people with young children or young people living together can make bubbles but it is best to check the rules below.



You can be close to someone in your bubble. You don't need to stay 2 metres away from them.



There is information on support bubbles on the government website.

www.gov.uk/guidance/making-a-support-bubble-with-another-household

What you should do if you live with someone who has coronavirus



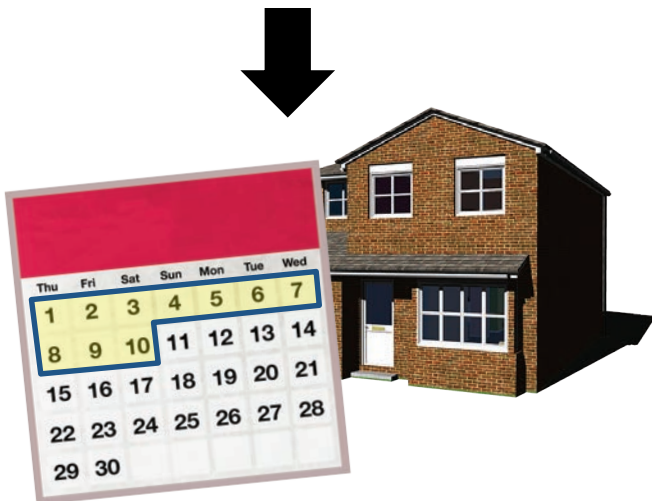
If you live with someone who has signs of coronavirus and tests positive (the test says they have coronavirus), you must stay home for 10 days from when **they** first felt poorly. This is called self isolation.



If **you** start to feel ill during this time, with signs of coronavirus you will need to stay at home for 10 days from the day **you** started to feel ill.



Or if they don't have signs of coronavirus then you have to stay home for 10 days from when they had the positive test.



There is more information about what to do if you or someone you live with has coronavirus. Some of this is in easy read.

tinyurl.com/HouseholdCoronavirus

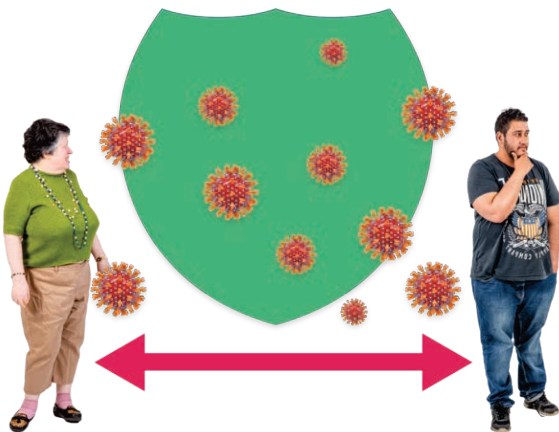


What to do if you are likely to get very poorly from coronavirus



You might have had a letter to tell you that you are more likely to get very poorly from coronavirus.

This is sometimes called being **clinically extremely vulnerable**.

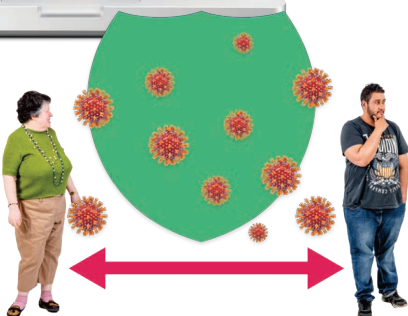


Sometimes you will be asked to shield. This means to take even more care.



There is information about what to do if you are more likely to get very ill from coronavirus. Or if you are asked to shield. Some of this government information is in easy read.

tinyurl.com/ShieldingVulnerable





If you are an adult who has Down's syndrome, you are in the group of people who are more likely to get more ill from coronavirus.



There is easy read information about keeping yourself safe if you have Down's syndrome:

tinyurl.com/DownsSyndromeER

Wearing a face covering



We have been told to wear a face covering if we can, when we go into shops and on public transport to protect ourselves and other people.



Not everyone has to wear a face covering – for example if you are disabled or have a health condition that makes it difficult for you to wear one.



This film talks about why a face covering is important, how to wear one safely and why some people might not have to wear one.

tinyurl.com/FaceCoveringsVid



Here is some easy information from Mencap about wearing a face covering:

tinyurl.com/FaceCoveringER

Other places to get help during coronavirus



- **Information on keeping happy and healthy**

Guidance from the government. This is not easy read.

tinyurl.com/HappyAndHealthyPE



Easy read guidance:

tinyurl.com/HappyAndHealthyER



- **Information on how to use 'usual' NHS services (services that are not to do with coronavirus)**

NHS guidance. This is not easy

read. tinyurl.com/UsualServicesPE



Easy read guide:

tinyurl.com/UsualServicesER



- **Help if you can't pay rent, mortgage or bills**

Information from Citizen's Advice.
Not in easy read.

www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/get-help-with-bills/



- **Help if you don't have enough food for you or your family**

Information from Citizen's Advice.
Not in easy read.

www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/using-a-food-bank/



- **Help if you don't feel safe at home**

Information from the government about what to do during coronavirus if someone at home is hurting you or making you feel scared. This is called **domestic abuse**:

www.gov.uk/guidance/domestic-abuse-how-to-get-help



Easy read information about domestic abuse:

tinyurl.com/DomesticAbuseHelpER



- **Help during coronavirus if you are lesbian, gay, bisexual, trans or plus (LGBT+)**



Plain English guide to LGBT+ coronavirus support:

tinyurl.com/LGBTplainEnglish



Easy read guide to LGBT+ coronavirus support:

tinyurl.com/LGBTeasyRead



Easy read guide to coronavirus support for trans and nonbinary people:

tinyurl.com/TransAndNonbinary

- **Help if you need urgent medical help**

If you need medical help in the next 24 hours, but it's not an emergency, use NHS 111.

You can phone 111 or visit 111.nhs.uk

- **NHS volunteer responders**

If you need help with things like shopping and picking up medicine the NHS Volunteer Responders might be able to help.

You can call them on:

0808 196 3646

Between 8am and 8pm





You can get more information on nhsvolunteerresponders.org.uk/services



You can make some notes here.

Coronavirus Grab and Go guide



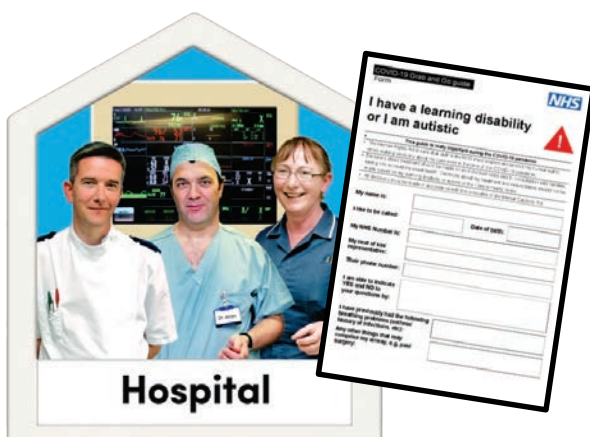
We know that a lot of people with a learning disability have a hospital passport.



If you have to go to hospital with coronavirus, staff have to work very quickly. Passports can be a bit long for staff in emergency departments. So we worked with people to make a Grab and Go guide.



This is a very short form that emergency department staff can use with your hospital passport.



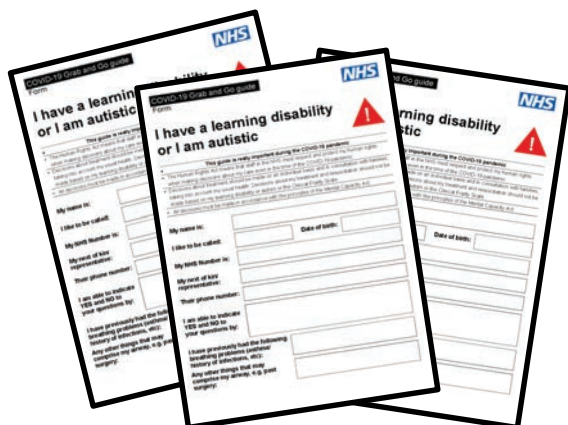
If you have to go to hospital take your Grab and Go guide with you.



It tells them the very urgent things they need to know about you to give you the right care if you are in hospital because of coronavirus.



It is not instead of your hospital passport and you should take that with you too.



You may want to take more than one copy of the Grab and Go guide so that you can give it to different staff in the hospital who see you.

How to get your Grab and Go guide



You can download the new coronavirus Grab and Go guide here. There are also some notes to help you fill in a grab and go guide:

tinyurl.com/CoronavirusGrabAndGo



The Grab and Go guide has lots of things you want healthcare workers to know about you.



Some information you can put in your coronavirus Grab and Go guide:

- your name



- the name and number of anyone you want to know about your medical care



- how you talk with others



- whether you have had breathing problems



- what medicines you take



- other information about your health.



If you haven't got a hospital passport you can download one here:

www.mencap.org.uk/advice-and-support/health/health-guides



For support to fill out your Grab and Go guide:

- ask someone who supports you to help, like a family member, support worker or social worker. You can also ask them to print it out for you.



- you can find out more about this at online meetings called webinars. Learning Disability England run these. You can sign up at: www.learningdisabilityengland.org.uk/news/webinars/



- or email
info@LDEngland.org.uk



- there is more information about the Grab and Go guide. It is not in easy read.
tinyurl.com/CoronavirusGrabAndGoHelp
This guide also has some top tips for family carers and paid carers.

Coronavirus vaccine



The coronavirus vaccine will help protect you against coronavirus.



You will get a letter telling you when you can get it.



It will tell you how to book an appointment to get a coronavirus vaccine (jab).



You should book your coronavirus vaccine as soon as possible to help keep you safe and well.



Every year we need a vaccine to protect us from flu. You also need to have the coronavirus vaccine.



The coronavirus vaccine is different from the flu vaccine.

Getting both the coronavirus vaccine and the flu vaccine will help keep you safe.



You might get very poorly if you catch the flu and coronavirus at the same time.



If you have just had your flu vaccine (jab), you'll need to wait 7 days (1 week) until you get your first injection of the coronavirus vaccine.



It's really important to get the coronavirus vaccine to keep you well.



You will need 2 injections of the coronavirus vaccine.



You will need to get the first injection, then wait until it is time to get the second injection.



It is important that you get both parts of the vaccine to make sure you are fully protected from coronavirus.



The letter will tell you how to book your coronavirus vaccine appointments.



If you have any concerns then speak with your GP (doctor) practice.



You can find out more about the coronavirus vaccine in this easy read guide: tinyurl.com/VaccineER

Who should have a key worker



There is a plan from the NHS called the Long Term Plan.



It says that some children and young people with autism or a learning disability and high support needs should have a key worker.



This should happen by 2024.



Children and young people who are in a mental health hospital, or who need support to stay out of hospital, will be the first to get a key worker.



Key workers will work with you and your family to get support that helps you feel:

- safe and happy



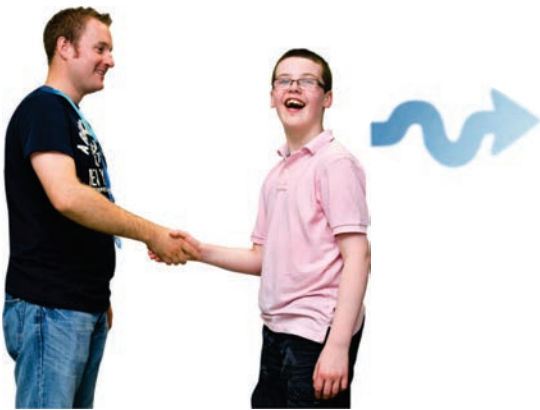
- listened to and involved in the planning of your care and support



- less stressed and worried.



Key workers are now being tested out in 13 places in the country called pilot sites.



In the future, more children and young people who are autistic or who have a learning disability will be able to get a key worker, including:



- looked after and adopted children



- children and young people moving between services, like moving to adult services.



You can find out more about key workers by watching this video.

<https://tinyurl.com/KeyWorkerVideo>



You can make some notes here.

Thank you



That's the end of our easy read newsletter.



Please get in touch if you would like a printed copy, or if you would like us to send you newsletters in the future.



If you want to tell us about something in this newsletter – please phone or email.

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Thanks to **Your Voice Counts** - making easy read information.

Contact us

The NHS England and Improvement learning disability and autism engagement team



Web:

[tinyUrl.com/NHSGetInvolved](https://tinyurl.com/NHSGetInvolved)



Phone: 0113 824 9686

Email: engage@nhs.net



Facebook: [NHS England learning disability and autism engagement](https://www.facebook.com/NHSEnglandLearningDisabilityAndAutismEngagement)

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