

COVID-19

[Prime Minister has announced new national restrictions](#)

From Thursday, everyone must stay at home, with a limited set of exemptions.

[Coronavirus outbreak FAQs](#): Frequently asked questions on what you can and cannot do during the coronavirus outbreak.



The image is a black poster with white and yellow text. At the top left is the HM Government logo and text. At the top right is the NHS logo. The main title 'NATIONAL RESTRICTIONS' is in large white letters. Below it, the dates '5 NOV - 2 DEC' are in yellow. A list of restrictions follows in white text, each preceded by a white arrow pointing right. At the bottom, a URL is provided in white text.

HM Government

**NHS**

# NATIONAL RESTRICTIONS

**5 NOV - 2 DEC**

- You must stay at home
- Only leave home for food, medical reasons, exercise, education or work
- You must work from home if you can
- Avoid travel unless essential
- Schools and essential shops will remain open
- Remember: wash hands, cover face, make space

For the latest guidance, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)



**Wash your hands regularly**

avoid touching your face and use hand sanitiser when you are out



**Watch your distance**

stay at least 1m away from people outside of your household where you can



**Wear a face covering if you are able to**

on public transport, at hospitals, in shops and in enclosed spaces

Thank you for your part in supporting a

**healthier, stronger, safer city**



**Support available in Brighton & Hove**

**Emergency help with food, energy bills and other essentials**

Local Discretionary Social Fund  
[www.brighton-hove.gov.uk/emergency-help-with-bills](http://www.brighton-hove.gov.uk/emergency-help-with-bills) 01273 293117 (option 1).

**Debt advice if you are facing financial difficulties**

[www.brighton-hove.gov.uk/debt-advice](http://www.brighton-hove.gov.uk/debt-advice)  
Citizens Advice 0300 330 9033  
Money Advice Plus 0800 988 7037.

**Food, shopping and meal deliveries** Brighton & Hove Food Partnership [www.bhfood.org.uk/coronavirus-update](http://www.bhfood.org.uk/coronavirus-update).

**Mental health** Sussex Mental Healthline 0300 5000 101 (freephone).

**Wellbeing** Healthy Lifestyles team [www.brighton-hove.gov.uk/healthylifestyles](http://www.brighton-hove.gov.uk/healthylifestyles) 01273 294589.

**Carers** The Carers Hub [www.carershub.co.uk](http://www.carershub.co.uk) 01273 977000 (Monday to Friday, 9am to 5pm).

**Loneliness** Together Co [www.togetherco.org.uk](http://www.togetherco.org.uk) 01273 775888.

**Older people** Ageing Well [www.ageingwellbh.org](http://www.ageingwellbh.org) 07770 061072 (Monday to Friday, 9am to 5pm) or call The Silver Line 0800 470 8090.

**Domestic abuse** The Portal [www.theportal.org.uk](http://www.theportal.org.uk) 0300 323 9985.

**Bereavement** Cruse Bereavement Care [www.cruse.org.uk](http://www.cruse.org.uk) 0808 808 1677.

**Digital support and resources** Digital Brighton & Hove [www.digitalbrightonandhove.org.uk](http://www.digitalbrightonandhove.org.uk) 07475 946084.

**Adult social care** Access Point [www.brighton-hove.gov.uk/adult-social-care](http://www.brighton-hove.gov.uk/adult-social-care) 01273 295555 (Monday to Friday, 9am to 4.30pm).

**Children or families** Front Door for Families [www.brighton-hove.gov.uk/front-door-families](http://www.brighton-hove.gov.uk/front-door-families) 01273 290400 (Monday to Thursday, 9am to 5pm, Friday until 4.30pm).

If you still need extra support and don't have anyone to help you at the moment, contact our community advice and support hub.

[www.brighton-hove.gov.uk/coronavirus-help](http://www.brighton-hove.gov.uk/coronavirus-help)  
If you can't get online, call 01273 293117 (option 2) Monday to Friday, 10am to 4.30pm.

**Do not leave home if you or someone you live with has any of the following:**

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

**Self-isolate immediately and get a test. Go to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119.**

### NHS booklet

The Sussex Clinical Commissioning Groups have produced a 'Help Us Help You booklet' that has useful information as well as a bit more detail around the changes people might see when access NHS services. These changes have been put in place to keep staff and patients as safe as possible. The guide is now available online at: <https://www.sussexccgs.nhs.uk/right-care-right-place-leaflet/>

### NHS 111 support

For times when you need medical help or advice from someone you can trust or you have an urgent but not life-threatening health issue, [#NHS111](#) is fast, easy, free and confidential. Call anytime 24/7, 365 days a year or go online at [www.111.nhs.uk](http://www.111.nhs.uk)

### NHS 'Test & Trace' app - **DOWNLOAD TODAY**

[Find out more about the NHS Covid-19 app.](#)

Download now from:

→ Google Play Store: <https://play.google.com/store/apps/details...> → Apple App Store: <https://apps.apple.com/us/app/id1520427663>

Find out more: <https://covid19.nhs.uk>

A video with BSL sign language is available [here](#) and [MENCAP has produced a guide](#) To understand more about how the app uses your personal data click this link [NHS COVID-19 app: privacy information, early adopter trial](#)

Healthwatch has produced guidance for patients which you can access [here](#)

**If you are losing income because you have been told to self-isolate, you may be entitled to a payment**

**Special £500 payments are available for people losing income because they have been told to self-isolate**



If you:

- have been told to stay at home and self-isolate by NHS Test and Trace, either because you have tested positive for coronavirus or have recently been in close contact with someone who has tested positive
- are employed or self-employed
- are unable to work from home and will lose income as a result.

If you are currently receiving or have applied for certain benefits this will also be taken into account

Please visit [www.brighton-hove.gov.uk/sips](http://www.brighton-hove.gov.uk/sips) for further information and to apply for a payment. Or [Click here for more information http://ow.ly/V52550BUcgc](http://ow.ly/V52550BUcgc)

If you cannot access the online form online, please call the council on 01273 293 117 (option 3). This phone line is open Monday to Friday from 10am to 4.30pm.

## How and where to get a COVID test

Advice from the Council is available [here](#).

Click here to [get a coronavirus test](#). If you do not have access to the internet, you can call 119 to book or order a test.

In the event that anyone with symptoms is unable to obtain a local test, it is not recommended that you travel long distances. Government advice is to try booking again in a few hours. A good time to try is 8.30pm when new slots are made available.

A test for suspected COVID-19 is free and NHS treatment for COVID-19 is free for all, including overseas visitors who are not usually entitled to free treatment from the NHS.

### Symptoms

Anyone with [symptoms](#) can get a coronavirus test, whatever their age. Main symptoms are:

- **a high temperature:** this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough:** this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (a usual cough may be worse than usual)
- **a loss or change to your sense of smell or taste:** this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal.

These websites contain all the information you need:

- [Brighton and Hove City Council](#) (including links to translated materials)
- [Government](#)
- [Coronavirus in children](#)

## Request help for yourself or someone else

### [Get support while isolating](#)

[NHS Volunteer Responders](#) To arrange support for yourself or someone you know call 0808 196 3646

### Food, shopping, and meals

These organisations can give you advice and support about getting food, shopping and meal deliveries:

- [Brighton & Hove Food Partnership](#)
- [Ageing Well directory](#)

### [In BSL: How to get help during the pandemic](#)

### [Translated advice for COVID-19](#)

### [New guidance to support safe care home visits during lockdown](#)

## **Updates from GOV.UK - Coronavirus (COVID-19)**

[Clinically extremely vulnerable receive updated guidance in line with new national restrictions](#)

[Coronavirus \(COVID-19\): Accessing food and essential supplies](#)

[Transport use during the coronavirus \(COVID-19\) pandemic](#)

[Face coverings: when to wear one, exemptions, and how to make your own](#)

[COVID-19 testing in general practice](#)

[Education and childcare settings: New National Restrictions from 5 November 2020](#)

[Coronavirus \(COVID-19\): admission and care of people in care homes](#)

[Coronavirus \(COVID-19\): providing home care](#)

[COVID-19: background information](#)

[Coronavirus: How to help safely](#)

[Prime Minister's statement to the House of Commons on coronavirus: 4 November 2020](#)

[Higher education: reopening buildings and campuses](#)

[COVID-19: guidance for the public on mental health and wellbeing](#)

[Coronavirus \(COVID-19\): advice on accessing green spaces safely](#)

[Coronavirus \(COVID-19\): advice for people in England with animals](#)

[Coronavirus \(COVID-19\): Letter from Kelly Tolhurst to caravan and park home owners](#)

[Working safely during coronavirus \(COVID-19\)](#)

[Travel advice: coronavirus \(COVID-19\)](#)

[Foreign travel insurance](#)

[Coronavirus \(COVID-19\): safer travel guidance for passengers](#)

## Healthwatch Brighton and Hove information and advice

The following Healthwatch COVID-19 guides are available (these are being regularly updated):

[COVID-19 webpage](#)

[Answers to Frequently Asked Questions](#)

[Maternity and pregnancy advice and information](#)

Top tips for [staying active and looking after your mental health](#).

Guides which provide information about:

- visiting a [dentist](#)
- [seeing a GP](#)
- [collection of prescriptions](#)

**Plus, accessibility resources to help you communicate about COVID-19**

- **NEW:** [Beyond Words is providing free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic](#)
- A series of videos aimed at encouraging people to continue to use health services if they are unwell. They are available in [English](#), [Arabic](#), [Farsi](#), [Kurdish](#) and [Sylheti](#).
- [Resources from Learning Disability England](#)
- [Signhealth has made their InterpreterNow remote BSL interpretation service available for free across all healthcare services](#)
- [Signhealth is providing a video of summaries of key coronavirus guidance in BSL](#)
- [Signhealth advice for testing](#)
- [Public Health England stay at home guidance](#), translated and in easy read
- [NHS guidelines translated into up to 50 languages by Doctors of the World](#) and find video advice [here](#)
- [Easy read information on COVID-19](#) from Mencap  
[About the NHS Test and Trace scheme](#)  
[What to do if you are contacted by NHS Test and Trace](#)  
The NHS have also created [easy read posters like this](#) so people know when and how to get a test for coronavirus.
- [Public Health England resources](#) in accessible formats
- [COVID-19 guidance for providers of services for people experiencing rough sleeping](#)
- The [handwashing rap](#), produced to help people who have a learning disability

**Share your experiences of health and social care services with us:**

[office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)

01273 234040

Facebook

@healthwatchbrightonandhove

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@HealthwatchBH

Instagram

healthwatchbhWebsite:

[www.healthwatchbrightonandhove.co.uk](http://www.healthwatchbrightonandhove.co.uk)

