

If you use drugs:

Smoking, drinking and taking drugs will put a strain on your body and make it easier for you to get infected with the virus. Our advice is don't smoke, drink or take drugs. However, if you are determined to take drugs follow this advice.

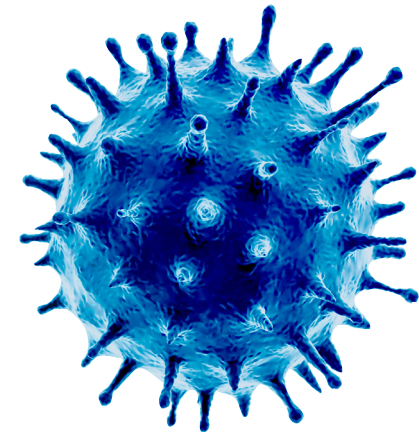
- Clean surfaces with alcohol wipes before preparing drugs.
- Crush substances down as fine as possible before use to reduce soft tissue abrasions (cuts can increase the likelihood of disease transmission).
- If you are snorting drugs, avoid using notes or keys which can harbour viruses and bacteria – use a clean straw, post-it note or piece of paper and bin it after use.
- Rinse your nose out with clean water at the end of a session.
- Don't share anything – don't share any injection equipment such as needles, barrels, water, filters, cookers, etc.; don't pass a joint around; don't share snorting tubes; don't snort through banknotes that may cause small cuts in your nose; don't dab from shared bags; etc.

IN ORDER TO HELP PREVENT THE SPREAD OF THE VIRUS, BOSCO SOCIETY WILL REDUCE THE NUMBER OF PEOPLE ENTERING THE HOSTELS AND OTHER ACCOMMODATION.

WE ARE, THEREFORE, IMPLEMENTING A TEMPORARY VISITOR BAN, OTHER THAN ESSENTIAL VISITS SUCH AS CARE WORKERS AND MAINTENANCE PERSONNEL.

Bosco
SOCIETY

Bosco Society Ltd. is registered in England & Wales as a Registered Charity No. 1129588 and a Company Limited by Guarantee No. 06874789



CORONA VIRUS (COVID-19)

There is a potentially deadly virus going around called Coronavirus or COVID-19.

We will refer to it here as 'the virus'.

What is it?

This is a new virus that mainly affects the lungs and chest. Most young, healthy people will be able to fight it off, but older people and those with chest or heart problems may get seriously ill or even die.

How does it spread?

Coughs and sneezes. The virus is spread through the air when someone is in close contact with an infected person, or it can be picked up from surfaces (door handles, handrails, shop counters, money, etc.) that the infected person has touched.

So:

- Cover your mouth and nose with a tissue or sneeze/cough into your elbow – bin any tissues straight away.
- Wash your hands with soap and water often – washing them for at least 20 seconds. When soap and water are not available – use alcohol-based hand sanitiser.
- Try to avoid close contact with people who are unwell and limit your own contact with other people if you suspect any of the symptoms.
- Avoid touching your face if your hands are not clean.
- Clean and disinfect any frequently touched objects and surfaces – including your phone!

How can I protect myself and others?

- The best protection is to stay away from crowded places as much as possible and wash your hands regularly.
- You should wash your hands several times a day with soap and water. Wash your hands thoroughly, for at least 20 seconds.
- Don't touch your face, the virus can enter your body through eyes, nose and mouth.

How do I know if I've got it?

Symptoms of the virus include:

- Dry cough.
- High temperature or fever.
- Shortness of breath.

The time between contact with the virus and the onset of symptoms (incubation period), is between one to fourteen days, though most people start showing symptoms about five days after becoming infected.

What should I do if I think I've got it?

Do not go to a GP surgery, pharmacy or hospital if you believe you may be at risk of having the virus.

- If you are staying at Bosco House or Bosco Lodge, you must self-isolate, that means stay in your room and don't allow anyone in. Ring down to reception and let the staff know you are not well. They'll take it from there and advise you what to do.

- If you are staying at one of our move-on flats, you must self-isolate, that means stay home and don't allow anyone in. Phone your key worker or Bosco House on 0151 944 1818 or Bosco Lodge on 0151 933 2940.
- If you are using the sit-up service at the House or Lodge, tell a member of staff as soon as you start to feel ill. They'll take it from there and advise you what to do.
- If you live in shared accommodation with communal facilities, you must self-isolate, that means stay in your room and don't allow anyone in. Phone your key worker or Bosco House on 0151 944 1818 or Bosco Lodge on 0151 933 2940.
- It is important that you inform your Key Worker of your illness to avoid the further spread of the virus between staff and residents and any other person(s) you may come into contact with.
- During the time you are ill, your Key Worker will be unable to visit you, but will be able to provide support over the phone, unless it is an emergency. Your key worker will assist you with tasks that you are unable to complete due to your illness that will include ensuring you have necessary food and medication.
- Once you are confirmed well (up to 14 days after illness onset) you should contact your Key Worker who will then be able to resume your usual support visits.