

Coronavirus (COVID-19) information for GrowTH night shelter

Coronavirus is a new illness that can affect your lungs and airways. It is a very infectious virus. Symptoms of the virus include:



- a cough



- a high temperature / fever



- shortness of breath

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

New rules for guests and volunteers

While the virus is spreading, we will have new rules for the shelter to protect you and others from becoming infected:



When you arrive at the shelter, you must wash your hands **straight away** with soap and water **for at least 20 seconds**. You must wash your hands regularly while at the shelter.



If you cough or sneeze, **you must cover your mouth and nose with a tissue or your sleeve (not your hands)**.



After using a tissue, you must throw away the tissue and wash your hands.



Do not shake hands or hug others while in the shelter. Keep a distance from people who are unwell.

If you feel unwell, tell the coordinator or GrowTH staff. You must avoid close contact with people.

If you have symptoms of coronavirus, **call 111**.

Do not go to the hospital or GP surgery.

Thank you for your cooperation.