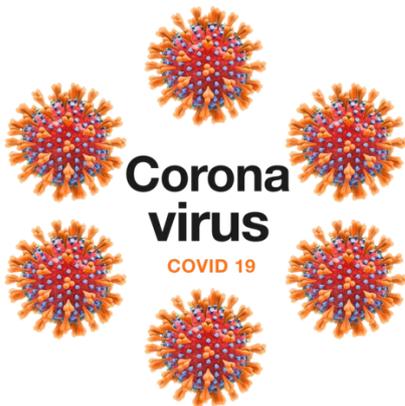# Guidance and Advice to Adults with Learning Disabilities in Haringey

From Haringey Learning Disabilities Team

There is a virus going around that makes people feel sick and is like the flu.

This is called the Corona Virus.
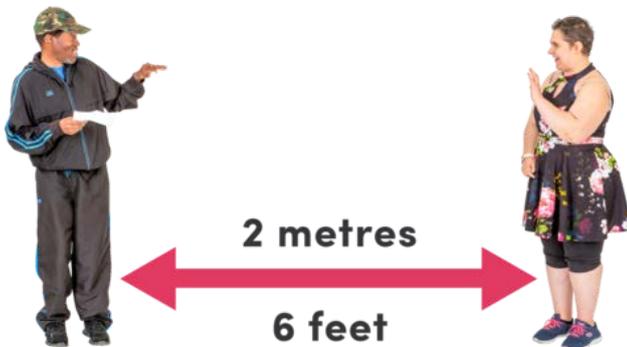It is sometimes called Covid-19.
This is the same thing.

There is information about the virus and how to avoid it in this letter

If someone who cares for you gets the virus they will not be able to support you

If this happens then someone different will support you.

To stop the virus from spreading you will need to stay away from other people.

Keep a distance of 2 metres from other people.

2 metres

6 feet

20 Seconds

You should wash your hands more

You should stay at home now

You can only go out
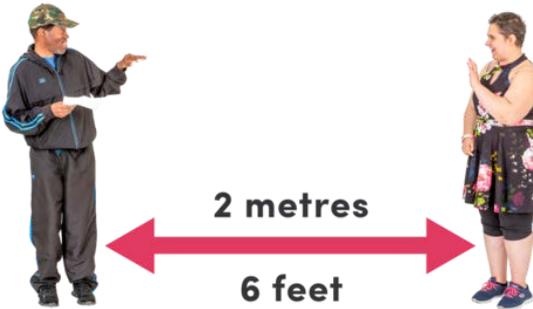
To shop for things you really need, like food or medicine

To exercise once a day- a walk or run.

To have medical care at GP, clinic or hospital

Ask your work if you need to go there

2 metres

6 feet

When you do go out, you should try and stay far away from people you do not live with

You should not be in groups bigger than 2 people, unless they are your care workers or live with you in the same house.

You might be worried because you cannot do things you normally do

You can call Haringey Learning Disabilities Team (HLDP) if you are worried about

- Corona virus
- Putting money on your electric or gas card
- Paying your rent,
- anything else

We will try and help you on the phone if we can.

If we need to visit you, we will keep a distance away from you and we may need to wear special clothing to keep you and us safe.

If

HLDP phone number is

0208 489 1384

You can ring us Monday to Friday 9:00 till 4:30

- For emergencies police, fire brigade or ambulance service please call **999**
- For non-emergency police advice or assistance please call **101**
- For non-emergency medical advice or assistance please call **111**
- Adult social care -For out of hours emergency calls (5pm to 9am Monday to Fridays, and all day at weekends and bank holidays) call **020 8489 0000**