

MALDON DISTRICT COVID-19 COMMUNITY GUIDE



MALDON
DISTRICT
COUNCIL





Introduction

This guide has been produced to support Parish and Town Councils, Community groups and organisations, and residents during the ongoing COVID-19 situation.

We would like to thank our staff, councillors, residents and businesses for their continued hard work and support to help look after the Maldon District.

If you have any questions regarding the information in this guide, please let us know at www.maldon.gov.uk/contact.

Contents

In this pack you will find the following:

- Explanation of the Local COVID alert levels
- Mental Health and wellbeing support
- Staying safe and informed
- Useful links and contacts

What local COVID alert levels mean

Local COVID alert levels set out information for local authorities, residents and workers about what to do and how to manage the outbreak in their area.

Maldon District is a **high alert level area**.

What is a high alert level?

This is for areas with a higher level of infections where some additional restrictions are in place.

You must not meet with people indoors unless you live with them or have formed a support bubble with them.

You should continue to:

- **Follow social distancing rules**
- **Work from home where you can**
- **Walk or cycle where possible, or plan ahead and avoid busy times and routes on public transport**

Find out more about the full range of measures that apply in high alert level areas at www.gov.uk/coronavirus.





LOCAL COVID ALERT LEVEL

HIGH**Social Contact**

1 household / bubble indoors. Rule of six outdoors.

Weddings and Funerals

Up to 15 guests for weddings and up to 30 guests for funerals. 15 for receptions, wakes and related ceremonies.

Overnight Stays

Overnight stays permitted subject to social contact rules.

Working from home guidance

Work from home where possible.

Shopping and Retail

Open.

Leisure and gyms

Open.

Hospitality

Open with some restrictions including 10pm closing time and table-service only.

Entertainment and tourist attractions

Open, except nightclubs and adult entertainment.

Education

Schools, FE colleges open. Universities must reflect wider restrictions.

Healthcare Services

Open.

Residential Care

Closed to external visitors other than in exceptional circumstances.

Travel and Transport

May continue to travel to open venues, but reduce number of journeys where possible. Avoid travel into Local COVID Alert Level Very High areas where possible.

Sporting Activity

Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport).

Worship

Open, subject to social contact rules.

Childcare

Registered and wraparound childcare. Supervised activities permitted in private homes. Children's groups permitted. Childcare bubbles for under 14s.

Youth Clubs and Activities

Permitted.

There are three simple actions we must all do to keep on protecting each other:

**Wash hands**

keep washing your hands regularly

**Cover face**

wear a face covering in enclosed spaces

**Make space**

stay at least 2 metres apart - or 1 metre with a face covering or other precautions

For more information and detailed guidance visit:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)



Looking after our mental health

There are some simple things that you can do at home to look after your mental and physical health from exercising to eating healthy.

We also know that sometimes you will need to speak to someone... that's why we have gathered some useful mental health resources you can access locally.

Useful resources

Every Mind Matters - Expert advice and practical tips to help you look after your mental health and wellbeing from the NHS. Visit www.nhs.uk/oneyou/every-mind-matters/.

Young Minds - Child and adolescent mental health services information for parents and carers. Visit www.youngminds.org.uk.

Samaritans - Confidential support for people experiencing distress or despair. Visit www.samaritans.org.uk.

NHS 111 service - Emergency mental health service, call **111** if you or someone you know needs urgent care.

What can you do at home?

There are lots of things you can do at home, here is a selection of our top tips!

- Eat a healthy diet
- Stay hydrated
- Avoid smoking, alcohol and drugs
- Spend time doing things you enjoy
- Stay connected with people (while observing social distancing)

The **NHS** has created lots of fun and useful exercises you can do at home. Visit www.nhs.uk/live-well/exercise/.

Go for a walk, run or cycle if you are able to maintain social distance.

Plan for staying at home or indoors, take care of your mental health and wellbeing.

- Decide on your routine
- Get regular sunlight and fresh air
- Plan for working or studying at home
- Find ways to relax and be creative
- Keep your mind stimulated
- Take care with news and information
- switch it off for a while



Staying safe during COVID-19

The **NHS COVID-19 APP** is free to download and is the simplest way to help protect those we love.

The app has several tools to protect you, including:

- Contact tracing
- Local area alerts
- QR venue check-in

Find out more about the app at www.covid19.nhs.uk.



Stay up to date on social media

To reduce mis-information and rumors, follow the Twitter accounts below for factual COVID-19 advice and updates.

Public Health England - @PHE_UK

NHS England - @NHSEngland

Essex County Council - @Essex_CC

Maldon District Council - @MaldonDC

Local Facebook support groups

Maldon COVID-19 Action group:
<https://www.facebook.com/groups/covid19maldon/>

Essex Coronavirus Action group:
<https://www.facebook.com/essexcoronavirusaction>

Useful links

Maldon District Council:
www.maldon.gov.uk/coronavirus /
01621 854477 (Weekdays 10am-4pm).

Essex County Council:
www.essex.gov.uk/topic/coronavirus.

Maldon Council for Voluntary Service:
www.maldoncvcs.org.uk/corona/ /
01621 851997

Essex Welfare Service:
www.essexwelfareservice.org / 0300
303 9988

Essex Lifestyle Service (NHS):
www.midessexccg.nhs.uk/livewell/essex-lifestyle-service / 0300 303 9988

Essex Business Support:
www.essex.gov.uk/support-for-businesses





Produced by Maldon District Council
Communications Team