

## **Explanation of terms related to coronavirus**

### Coronavirus

Coronavirus is also called Covid-19. Covid-19 stands for 'Coronavirus Disease 2019'.

### Washing hands

To prevent the spread of coronavirus, everyone is asked to make sure they wash their hands more than usual and especially when they come in from being outside for at least 20 seconds with soap and water. Try not to touch your face, wear a face covering and make good space between other people who are not from your household.

### Social distancing

Social distancing is to 'make space' and keep a safe space between yourself and other people who are not from your household. The distance is staying 2 metres from other people (or six feet, about the length of a double bed) not from your household, both indoors and outside.

### Face covering

Coronavirus can be spread through our nose and mouth. A face covering is something that covers your face and mouth and is used to protect other people from the spread of infection of the virus. A face covering can be single use or reusable. You can use a scarf, bandana, religious garment, or hand-made cloth covering that fit properly around the side of the face. You must wear a face covering on public transport, shops and supermarkets, indoor shopping centres, and banks, building societies, and post offices.

Some people are exempt from wearing a face covering. This includes people with illnesses, impairments, and disabilities, especially if wearing a face mask will cause severe distress or is dangerous. This could include some with dementia. A person will not normally be asked to prove they are exempt, but some people may prefer to show something that they have a disability such as a badge or lanyard.

### Support bubble

A support bubble is when you form a group to meet and have close contact with people from one other household who do not live with you. They then become your support bubble. There are three types of support bubbles and guidance on how to meet these on the government website

- you can continue to meet in any outdoor space in a group of up to 6 people from different households
- single adult households are adults who live alone or with dependent children under 18 only. They can continue to form a 'support bubble' with one other household
- you can also meet in a group of 2 households in any location – public or private, indoors, or outdoors. This does not need to be the same household each time. Anyone in your support bubble counts as one household.

### Personal Protection Equipment (PPE)

Personal protective equipment (PPE) is a range of equipment often used by professional staff to reduce the risk of contact and droplet transmission during their daily work. There is specific [guidance](#) on PPE for health, carers and social care workers. It is not [advised](#) that those who provide informal or unpaid care to family and friends wear PPE when delivering care unless they are advised to do so by a healthcare professional, like a GP, or nurse.

### Self-isolation

Self-isolation means you should stay at home and away from other people if you have any symptoms of coronavirus. You must stay at home for 10 days after you first started to feel unwell with symptoms of coronavirus.

## Test and trace

This is a service being developed by the NHS to test people for coronavirus quickly and trace anyone who has had contact with someone who has coronavirus so they can follow the guidance and self-isolate at home. It is also sometimes called 'contact tracing'

## Shielding

Some people have very severe health conditions which makes them at very high risk of becoming ill from coronavirus. Shielding is a way to protect these people. Shielding means reducing contact with other people. Your doctor will have written to you if you are one of the people needing to shield. But from 1st August, shielding has been stopped for most people.

Most people who were shielding can now follow the general advice for everyone which include **washing your hands, covering your face in shops and other enclosed settings, and making space** of 2 metres (6 feet or about the length of a double bed) between yourself and others.

Dementia was not included in the list of health conditions that can make people at high risk of becoming ill from coronavirus. However, evidence shows that people with dementia are at high risk of getting the virus. This may be because some people with dementia may not understand the information about staying safe. Many people with dementia live in care homes which also makes them vulnerable.

For more information please refer to the Government guidance on coronavirus <https://www.gov.uk/coronavirus>