

CORONAVIRUS

**STAY
SAFE**

WALTHAM FOREST



CLLR CLARE COGHILL, LEADER OF WALTHAM FOREST COUNCIL



I sincerely hope you and your family, friends and colleagues are keeping safe during this challenging time. I know how difficult this pandemic has been for so many of our residents and local businesses and I am so sorry if you have lost someone or are suffering hardship as a result of this virus.

Here at Waltham Forest Council we want to do all we can to not only protect everyone from the virus but also tackle the economic and health impacts the pandemic has brought. From giving out free face coverings to ensuring our businesses are COVID-19 safe and looking at how we can create new jobs in the future – it is our hope that we can help reduce the spread of the virus and help Waltham Forest get back to the vibrant borough we all know.

I have been so proud to see our communities work together and I know we will continue to pull together through this next stage of lockdown. This pandemic has shown what a great community we have in Waltham Forest and we will make sure our residents get the support they need as we head into the colder months.

I also know that many of you will be worried about not only your health but also your finances, which is why we have included information on funds that you could be entitled to.

Keep yourselves and each other safe.

JOE MCDONNELL, DIRECTOR OF PUBLIC HEALTH FOR WALTHAM FOREST



I'd like to thank everyone who has followed the guidelines since the beginning of this pandemic, protecting not only yourselves but the people around you too. As we move into this next stage of lockdown, it's vital that we keep on going, protect each other and work hard to stop the spread of the virus.

It's really important to us that every resident understands how the coronavirus is impacting us as a borough and how you can help to stop the spread. I know that none of us want to catch the virus, which is why it is so important that you and your family follow Government guidelines and take preventative measures. We are also helping to trace people who need to self isolate in order to control the spread of the virus. So if you receive a call from the Council on 0208 496 3000 residents should not be concerned we are on hand to support you and give advice.

Please take the time to read through this booklet and share the information with anyone in your life who may need extra support. Let's stick together, follow advice and stop the spread of this virus.

NATIONAL RESTRICTIONS



Pubs and restaurants closed but takeaways permitted.



Only travel for specific reasons including food, education, work or medical.



Non-essential shops, leisure and entertainment venues closed.



Schools, universities and colleges to remain open.



No households mixing indoors or in private gardens unless in your support bubble.



Outdoor exercise encouraged, you can meet one person from another household.



Weddings and civil partnerships allowed where partner is seriously ill. Funerals can have up to 30 people.



Work from home. If you can't, you should continue to go to work (unless clinically extremely vulnerable).



Leisure centres and gyms are closed. Allotments and outdoor playgrounds remain open.



Overnight stays away are not allowed, except for work and other exempt purposes.

WALTHAM FOREST COMMITMENTS

1



We want to make sure that families are supported this winter

Our Children and Family Centres will remain open to help those families struggling by helping them access hardship funds as well as hosting baby banks that provide baby food, nappies or food parcels when needed.

2



We will make sure that our foodbanks are always stocked

We will make sure that our local foodbanks have food and anything else they need to support residents over the winter. We will promote their services, help refer residents and collect food donations at our main libraries.

3



We will be there for our most vulnerable residents who need to stay at home with food, prescriptions and contact

We are providing immediate help to make sure our most clinically vulnerable residents have access to food, prescriptions and any support they need. We are phoning regularly to check in on them and will be there if they need us.

4



We will ensure that all of our care homes have the Personal Protective Equipment (PPE) they need

Keeping our elderly residents safe in care homes is critical. We have bought extra supplies of PPE so care homes and carers throughout the borough can keep vulnerable people safe.

5



We will provide a face mask for everyone in the borough who needs one

Face coverings are one of the best ways residents can keep each other safe. If you don't have a face mask please call 0208 496 3000 or visit www.walthamforest.gov.uk/covid19 to have one sent by post, or pick one up from any of our main libraries.

6



We want to make sure that no one has to sleep rough

We will continue to fully support our most vulnerable residents who are sleeping rough and provide accommodation and support to meet their needs. We will make sure they have a safe place to spend the night over the winter months.

7



We will support our schools with advice and practical help so they can stay open and safe

The Council is giving one to one public health advice to schools and colleges so they can stay open whilst keeping our children and young people safe.

8



We will provide local contact tracing so that those at risk of COVID-19 can take action

The Council has stepped in to launch a local contact tracing service using specially trained council teams to make sure that everyone at risk of coronavirus is contacted as soon as possible. The team is working seven days a week and will help residents access any help or services whilst they isolate.

9



We will support businesses during lockdown and help them to recover quickly

Local businesses are being hard hit. We will promote their services throughout lockdown, help them reopen and run a major Shop Local campaign in the run up to Christmas. We will effectively distribute grants and establish a Leader's Business Network to share idea, expertise and practical support to help businesses get back on their feet.

10



We will help to bring jobs to our borough

We will help to create local jobs by bringing together businesses in the borough at a jobs summit in the near future. We will support local people with training and volunteering opportunities.

11



We will promote and enforce the rules to keep our residents safe

We're working to make sure that everyone has all of the information they need to follow the new national measures. Our 'stay safe' champions will be out and about in the borough handing out face masks and advice. Where people ignore the advice and put others at risk, our enforcement team will not hesitate to take action.

12



We will help those who need it this Christmas

The Council will launch a borough wide Christmas present drive for children in Waltham Forest, and establish a charity giving campaign for local groups supporting children and vulnerable older people.

FINANCIAL AND COMMUNITY SUPPORT

WORRIED ABOUT YOUR FINANCES?

We have options and support available if you think you need financial help.

Local welfare assistance can help if you or your family are in severe financial hardship, especially if there is a risk to your health or safety. It can help with food vouchers, or a referral to the local food bank, top up for electricity or gas pre-paid meters, essential household items to help you set up your home, or remain in your home with referrals to get low cost furniture.

Our **Discretionary Council Tax Hardship Scheme** can help if you're experiencing exceptional hardship and it wasn't your fault. You can qualify for help to reduce your Council Tax bill. You can apply if you are experiencing severe financial or personal hardship caused by events outside your control.

Our **Discretionary Housing Payment Scheme** allows us to top up your housing related benefit for a limited time to cover housing costs like rent, deposits and removals.

Payment may be made on a regular basis or as a one-off payment, depending on the reason for your claim.

Test and Trace Self Isolation Support Payments are available, particularly to those on low incomes, to offset the worst effects of having to self-isolate and are losing income as a result.

Details of all these financial assistance scheme can be found on our website at www.walthamforest.gov.uk/covid19 or by phoning **020 8496 3000**



DO YOU NEED SUPPORT?

COMMUNITY HELP NETWORK

Our Community Help Network is available to support residents who are vulnerable and in need of assistance to safely access food and medicine while staying at home. If you, or someone you know, has received a letter from the Government telling them they are clinically extremely vulnerable (CEV) and need help accessing food, visit www.walthamforest.gov.uk/covid19 for a full list of the community support services or call our Customer Resolution Centre on **020 8496 3000** (open 7am-7pm, seven days a week) for more information. You can also call the resolution centre if you haven't received a letter but feel you need additional support.

COMBATING ISOLATION

Age UK Waltham Forest runs a range of programmes to enhance the well-being and quality of life of all older people.

They are currently providing a telephone befriending service offering telephone calls for isolated older adults. Telephone **0208 558 8716** or email justconnect@ageukwalthamforest.org.uk for more information.

Alongside this Age UK Waltham Forest continues to operate a Shopping Service, powered by a network of volunteers available to help with shopping for residents of Waltham Forest over the age of 60 Telephone **0208 558 5512** or email: info@ageukwalthamforest.org.uk

SUPPORT IN THE COMMUNITY

For details of help and advice for people affected by coronavirus and lockdown, including Council support and guidance as well as support from Voluntary and Community (VCS) organisations, visit www.walthamforest.gov.uk/covid19

FOOD BANKS

EAT OR HEAT	gary@eatorheat.org info@eatorheat.org	0800 772 0212	Monday, Wednesday, Friday 6.30pm to 7.30pm
RUKHSANA KHAN FOUNDATION	rukhsanakhn.foundation@outlook.com	07980 351 351	Saturdays 10am to 12pm
HORNBEAM	info@hornbeam.org.uk	020 8558 6880 07492 915531	Daily 12 to 3pm
PL84U AL SUFFAH	pl84ualsuffah@gmail.com	07539 364110	1st and 3rd Sunday of the month
HIGHAMS PARK FOOD AID	highamparkfoodaid@gmail.com		

COUNCIL SERVICES

Due to the national restrictions that are in place, some of our facilities and buildings will be affected. For the full list of council service changes, please visit www.walthamforest.gov.uk/covid19.

SERVICE	MORE INFORMATION	OPEN?
Adult Learning Service	Centres are currently open, appointment required before attending	✓
Birth registration	Register on our website	✓
Death registration	Register on our website	✓
Marriages	Ceremonies are not permitted to take place and all current bookings are postponed. No new bookings will be taken while we work with our existing couples to accommodate all ceremonies that have been postponed due to the lockdown.	✗
Children and Family centres	All four Children and Family centres remain open for pre-booked midwife and the domestic abuse 'one stop shop' drop-in service is open weekly across our centres.	✓
Cemeteries and Bereavement	Cemeteries are open with varying opening times, funerals can take place following government guidelines.	✓
Domestic Abuse Support	If you are in immediate danger call 999. If you'd like to speak to someone phone 0808 2000 247 or drop in to one of the sessions.	✓
Sports pitches and outdoor gym equipment	All sports pitches and outdoor gyms are closed	✗
Housing	Contact the team by emailing housing.advice@walthamforest.gov.uk or calling 020 8496 3000	✓
Leisure Centres	All leisure centres closed	✗
Libraries	Walthamstow, Leyton, Leytonstone, Chingford and Wood St libraries will offer a click and collect service for books and home deliveries for those who need them.	✓
Markets	Waltham Forest Farmers' Market, Walthamstow Market, Walthamstow Social Sunday Market will all be operating for food traders only and with social distancing in place. Lloyd Park Market will continue operating on Saturdays for food traders only. The FairTrade stall at Leytonstone will continue trading but will only offer food.	✓
Museums	All museums closed, tea room will offer limited takeaway menu, William Morris Gallery gift shop open for click and collect.	✗
Public health:	Information for each health service available on our website	✓
Waste and recycling	All waste and recycling services are running as usual with no reduction in service. Reuse and Recycling Centres are still open for residents to book.	✓

DO YOU NEED TRANSLATED GUIDANCE?

Whilst a lot of our residents can speak English, we know we have a lot of residents who speak other languages too. To help every resident understand and access coronavirus guidance, we have translated key information into our Top 12 languages. If you need easy read or British Sign Language (BSL) guidance, or would like to download translated materials. Please visit www.walthamforest.gov.uk/covid19

English

Here are the new guidelines that have been in place from Thursday 5 November.

Please follow these restrictions to keep yourself and your loved ones safe:

- **Only leave home for food, medical reasons, exercise, education or work**
- **You must work from home if you can**
- **Avoid travel unless it is absolutely necessary**
- **Schools and essential shops will remain open**
- **Do not meet indoors or in private gardens with anyone you do not live with (you can meet with your support bubble)**
- **You can meet one person from another household in outdoor public spaces**

Protect yourself and loved ones from the coronavirus by:

- **Hands – Washing your hands regularly**
- **Face – Wearing your face covering in enclosed spaces**
- **Space – Keep a 2 metre distance from anyone you do not live with**
- **You should not currently be socialising indoors with anyone you do not live with**

If you experience any of the following symptoms, self-isolate with your household and arrange a test by calling 119 or visiting nhs.uk/coronavirus

- **High temperature**
- **A new, continuous cough**
- **A loss or change to your sense of smell or taste**

By following these rules, you can help protect the most vulnerable in our communities.

For the latest information regarding COVID-19 in Waltham Forest visit our website walthamforest.gov.uk/covid19 and subscribe to our e-newsletters.

Albanian

Nga 5 nëntori kemi kaluar në bllokim të lëvizjes në shkallë vendi, që do të thotë se kufizimet po ndryshojnë për të gjithë ne.

Jeni të lutur t'i respektoni këto kufizime për të ruajtur veten dhe të afërmit tuaj:

Duhet të qëndroni në shtëpi

Dilni nga shtëpia vetëm për të blerë ushqime, për arsye mjekësore, stërvitje, shkollë apo punë

Duhet të punoni nga shtëpia nëse keni mundësi

Shmangni udhëtimet nëse s'është e domosdoshme

Shkollat dhe dyqanet bazë do të qëndrojnë hapur

Mos u mblidhni në ambiente të mbyllura apo në oborre private me persona që nuk banojnë me ju (mund të takoheni me grupin tuaj mbështetës)

Mund të takoheni me një person nga një shtëpi tjetër në hapësira publike në ambient të hapur

Mos harroni: lani duart, mbulonit fytyrën dhe mbani dy metra distancë nga kushdo që nuk banon me ju

Mbroni veten dhe njerëzit tuaj të dashur nga koronavirusi:

Duart – Duke i larë rregullisht duart

Fytyra – Duke mbajtur maskë në ambiente të mbyllura

Hapësira – Duke mbajtur distancë 2 metra nga cilido me të cilin nuk banoni bashkë

Nëse keni ndonjë prej simptomave të mëposhtme, vetizolohuni në banesën tuaj dhe vazhdoni të përpiqeni për marrjen e testit duke telefonuar 119 ose duke vizituar faqen [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

Temperaturë e lartë

Një kollë e re, e vazhdueshme

Humbje apo ndryshim në ndjesinë e shijes apo të nuhatjes

Duke zbatuar këto rregulla, na ndihmoni të mbrojmë personat më të cenueshëm në komunitetet tonë.

Arabic

من المُقَرَّر، بدءًا من يوم الخميس الموافق 5 نوفمبر (تشرين الثاني)، أن ندخل في حالة الإغلاق الوطني العام؛ وهو ما يعني أن القيود المفروضة ستتغير بالنسبة لنا جميعًا.

وأيضًا، من ثمَّ، الالتزام بالقيود التالية للمحافظة على سلامتكم، أنتم وأحبائكم

يجب عليك البقاء في المنزل

يجب ألا تترك المنزل إلا لإحضار الطعام، أو لسبب طبي معين، أو لممارسة الرياضة، أو التعليم، أو العمل

يجب أن تعمل من المنزل؛ إذا كان بإمكانك ذلك

عليك أن تتجنب السفر؛ ما لم يكن ذلك للضرورة

ستبقى المدارس والمتاجر الأساسية مفتوحة

عليك ألا تلتقي بأي أحد لا تعيش معه، سواء في الأماكن المغلقة أو في أي حديقة خاصة (ويمكنك أن تلتقي مع أفراد فريق الدعم لديك)

يمكنك أن تلتقي بأي أحد من أي منزل آخر، شريطة أن يكون ذلك في الأماكن العامة في الهواء الطلق

وتذكَّر: عليك أن تغسل يديك وأن تُغطي وجهك وأن تُبقي على مسافة قدرها متران بينك وبين أي أحد لا تعيش معه في المنزل نفسه

احرص على حماية نفسك وذويك من فيروس كورونا من خلال اتباع الخطوات الآتية:

اليدان - غسل اليدين بانتظام

الوجه - ارتداء غطاء الوجه في الأماكن المغلقة

التباعد - المحافظة على مسافة مترين من أي شخص لا تعيش معه

إذا عانيت أيًا من الأعراض الآتية، فاعزل نفسك عن أسرتك واسع دائمًا لإجراء اختبار عن طريق الاتصال بالرقم 119 أو زيارة الموقع الإلكتروني: [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

ارتفاع درجة الحرارة

سعال جديد ومستمر

فقدان حاسي الشم أو التذوق أو تغيرهما

يمكنك باتباع هذه القواعد مساعدتنا في حماية الفئات الأكثر ضعفًا في مجتمعاتنا

Bengali

৫ই নভেম্বর, বৃহস্পতিবার থেকে আমরা একটি জাতীয় লকডাউনের দিকে অগ্রসর হতে চলেছি, যার অর্থ হল আমাদের সকলের জন্য নিষেধাজ্ঞাগুলি পরিবর্তন হতে চলেছে।

নিজেকে এবং আপনার প্রিয়জনদের সুরক্ষিত রাখার জন্য অনুগ্রহ করে এই নিষেধাজ্ঞাগুলি অনুসরণ করুন:

আপনাকে অবশ্যই বাড়িতে থাকতে হবে

কেবলমাত্র, খাদ্য, চিকিৎসাগত কারণ, ব্যায়াম, শিক্ষা বা কাজের জন্য বাড়ির বাইরে বেরোবেন

পারলে অবশ্যই বাড়ি থেকে কাজ করুন

বাধ্য না হলে ভ্রমণ করা এড়িয়ে চলুন

স্কুল এবং নিত্য প্রয়োজনীয় পণ্যের দোকানগুলি খোলা থাকবে

এমন কোনও ব্যক্তি যার সাথে আপনি বসবাস করেন না তার সাথে কোনও বন্ধ জায়গায় বা ব্যক্তিগত উদ্যানে দেখা করবেন না (আপনাকে সাহায্য করতে পারেন এমন ব্যক্তিদের সাথে আপনি মিলিত হতে পারেন)

আপনি অন্য একটি পরিবারের একজন ব্যক্তির সাথে বাড়ির বাইরে সর্বজনীন স্থানে দেখা করতে পারেন

মনে রাখবেন: আপনার হাত ধুুন, মুখ ঢেকে রাখুন এবং আপনি যাদের সাথে বসবাস করেন না তাদের থেকে দুই মিটার দূরত্ব বজায় রাখুন

নিজেকে এবং আপনার প্রিয়জনদের এইভাবে করোনভাইরাস থেকে সুরক্ষিত রাখুন:

হাত - নিয়মিতভাবে আপনার হাত ধুয়ে নিন

মুখ - বন্ধ জায়গাগুলিতে আপনার মুখ ঢাকার একটি কাপড় পরুন

স্থান - আপনার সঙ্গে বসবাস করেন না এমন যে কোনো মানুষের থেকে 2 মিটার দূরত্ব রাখুন

আপনি যদি নিম্নলিখিত উপসর্গগুলির মধ্যে কোনোটিতে ভোগেন, তাহলে আপনার পরিবারের সঙ্গে নিজেকে আলাদা করুন এবং 119-এ ফোন করে বা [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) -এ একটি পরীক্ষার জন্য চেষ্টা চালিয়ে যান

উচ্চ তাপমাত্রা

একটি নতুন, অবিরাম কাশি

আপনার গন্ধ বা স্বাদের অনুভূতি লোপ পাওয়া বা তার পরিবর্তন

এই নিয়মগুলি মেনে চলার মাধ্যমে, আপনি আমাদের কমিউনিটিগুলিতে সবচেয়ে ঝুঁকিপূর্ণ মানুষদের রক্ষা করতে আমাদের সাহায্য করতে পারেন

Lithuanian

Nuo lapkričio 5 d., ketvirtadienio, paskelbtas visuotinis karantinas šalyje, vadinas, keičiasi mums visiems taikomi apribojimai .

Prašome laikytis šių apribojimų ir saugoti save ir savo artimuosius:

Privalote likti namuose

Iš namų išeiti galima tik nusipirkti maisto, dėl medicininių priežasčių, mankštintis, mokytis ar į darbą

Jei yra galimybė, dirbkite iš namų

Jei įmanoma, venkite kelionių

Mokyklos ir svarbiausių prekių parduotuvės dirbs

Patalpose ar privačiuose soduose nesusitikite su asmenimis, su kuriais negyvenate (galite susitikti tik su savo aplinkos žmonėmis)

Galite susitikti tik su vienu asmeniu iš kito namų ūkio atviroje vietoje erdvėje

Nepamirškite plauti rankų, užsidengti veidą ir laikytis dviejų metrų atstumo nuo visų žmonių, su kuriais kartu negyvenate

Saugokite save ir savo artimuosius nuo koronaviruso:

Rankos – reguliariai plaukite rankas

Veidas – dėvėkite nosį ir burną dengiančią kaukę uždarose patalpose

Atstumas – laikykitės 2 metrų atstumo nuo visų, su kuriais negyvenate

Jei pajusite bet kuriuos žemiau nurodytus simptomus, likite namie ir atlikite testą paskambinę 119 ar apsilankę [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

Aukšta temperatūra

Naujas, ilgai trunkantis kosulys

Uoslės ar skonio pasikeitimas ar praradimas

Laikydami šiuos taisyklių, padėsite mums apsaugoti labiausiai pažeidžiamus bendruomenės narius.

Polish

W czwartek, 5 listopada, zostaje ogłoszony krajowy lockdown, co oznacza, że ograniczenia zmieniają się dla nas wszystkich.

Prosimy przestrzegać poniższych ograniczeń, aby zapewnić bezpieczeństwo sobie i swoim bliskim: zostań w domu

możesz wyjść z domu tylko po zakupy, do lekarza, do szkoły, do pracy lub by uprawiać sport jeśli to możliwe pracuj w domu

unikaj podróży, jeśli nie jest konieczne

szkoły i sklepy z podstawowymi artykułami pozostaną otwarte

nie spotykaj się w zamkniętych pomieszczeniach ani na prywatnych ogródkach z nikim, z kim nie mieszkasz (możesz spotkać się tylko z osobami z najbliższego otoczenia)

możesz spotkać się z jedną osobą z innego gospodarstwa domowego w miejscu publicznym na świeżym powietrzu

pamiętaj: myj ręce, zakrywaj twarz i utrzymuj odległość dwóch metrów od osób, z którymi nie mieszkasz

Chroni siebie i bliskich przed koronawirusem:

Dłonie – myj je regularnie

Twarz – noś maseczkę w zamkniętych przestrzeniach

Odległość – zachowaj 2 metry dystansu od osób, z którymi nie mieszkasz

Jeśli zauważysz u siebie dowolny z poniższych objawów, poddaj się samokwarantannie wraz z innymi osobami mieszkającymi w Twoim domu i ubiegaj się o test, dzwoniąc pod numer 119 lub odwiedzając stronę nhs.uk.coronavirus

Gorączka

Występujący od niedawna uporczywy kaszel

Utrata lub zmiana wachu lub smaku

Przestrzegając tych zasad, pomagasz nam chronić najbardziej narażonych członków naszych społeczności.

Punjabi

ਵੀਰਵਾਰ 5 ਨਵੰਬਰ ਤੋਂ, ਅਸੀਂ ਇੱਕ ਰਾਸ਼ਟਰੀ ਤਾਲਾਬੰਦੀ (ਲੌਕਡਾਊਨ) ਵਿੱਚ ਚਲੇ ਗਏ ਹਾਂ, ਭਾਵ ਸਾਡੇ ਸਾਥੀਆਂ ਲਈ ਪਾਬੰਦੀਆਂ ਬਦਲ ਰਹੀਆਂ ਹਨ। ਆਪਣੇ ਅਤੇ ਆਪਣੇ ਨਜ਼ਦੀਕੀਆਂ ਨੂੰ ਸੁਰੱਖਿਅਤ ਰੱਖਣ ਲਈ ਕਿਰਪਾ ਕਰਕੇ ਇਨ੍ਹਾਂ ਪਾਬੰਦੀਆਂ ਦੀ ਪਾਲਣਾ ਕਰੋ:

ਤੁਹਾਨੂੰ ਲਾਜ਼ਮੀ ਤੌਰ 'ਤੇ ਘਰ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ

ਸਿਰਫ਼ ਭੋਜਨ, ਡਾਕਟਰੀ ਕਾਰਨਾਂ, ਕਸਰਤ, ਸਿੱਖਿਆ ਜਾਂ ਕੰਮ ਲਈ ਘਰ ਤੋਂ ਬਾਹਰ ਜਾਓ

ਜੇ ਤੁਸੀਂ ਕਰ ਸਕਦੇ ਹੋ ਤਾਂ ਤੁਹਾਨੂੰ ਲਾਜ਼ਮੀ ਤੌਰ 'ਤੇ ਘਰੋਂ ਕੰਮ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ

ਸਫਰ ਕਰਨ ਤੋਂ ਪਰਹੇਜ਼ ਕਰੋ ਜਦੋਂ ਤਕ ਇਸ ਤੋਂ ਬਚਿਆ ਨਾ ਜਾ ਸਕੇ

ਸਕੂਲ ਅਤੇ ਜ਼ਰੂਰੀ ਦੁਕਾਨਾਂ ਖੁੱਲ੍ਹੀਆਂ ਰਹਿਣਗੀਆਂ

ਘਰ ਦੇ ਅੰਦਰ ਜਾਂ ਨਿੱਜੀ ਬਗੀਚਿਆਂ ਵਿੱਚ ਅਜਿਹੇ ਕਿਸੇ ਵਿਅਕਤੀ ਨੂੰ ਨਾ ਮਿਲੋ ਜੋ ਤੁਹਾਡੇ ਨਾਲ ਨਹੀਂ ਰਹਿੰਦਾ ਹੈ (ਤੁਸੀਂ ਆਪਣੇ ਸਹਾਇਤਾ ਦਾਇਰੇ ਵਿਚਲੇ ਲੋਕਾਂ ਨੂੰ ਮਿਲ ਸਕਦੇ ਹੋ)

ਤੁਸੀਂ ਬਾਹਰੀ ਜਨਤਕ ਥਾਵਾਂ 'ਤੇ ਕਿਸੇ ਹੋਰ ਘਰ ਦੇ ਇੱਕ ਵਿਅਕਤੀ ਨੂੰ ਮਿਲ ਸਕਦੇ ਹੋ

ਯਾਦ ਰੱਖੋ: ਆਪਣੇ ਹੱਥ ਧੋਵੋ, ਆਪਣਾ ਚਿਹਰਾ ਢੱਕੋ ਅਤੇ ਅਜਿਹੇ ਕਿਸੇ ਵੀ ਵਿਅਕਤੀ ਤੋਂ ਦੋ ਮੀਟਰ ਦੀ ਦੂਰੀ ਰੱਖੋ ਜੋ ਤੁਹਾਡੇ ਨਾਲ ਨਹੀਂ ਰਹਿੰਦਾ ਹੈ

ਹੇਠਾਂ ਦੱਸੇ ਕੰਮ ਕਰਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਅਤੇ ਆਪਣੇ ਕਰੀਬੀਆਂ ਨੂੰ ਕੋਰੋਨਾਵਾਇਰਸ ਤੋਂ ਬਚਾਓ:

ਹੱਥ – ਆਪਣੇ ਹੱਥਾਂ ਨੂੰ ਨਿਯਮਿਤ ਤੌਰ 'ਤੇ ਧੋਣਾ

ਚਿਹਰਾ – ਬੰਦ ਥਾਵਾਂ ਵਿੱਚ ਆਪਣੀ ਚਿਹਰੇ ਨੂੰ ਢੱਕਣ ਵਾਲੀ ਸਮੱਗਰੀ ਪਹਿਨਣਾ

ਦੂਰੀ – ਅਜਿਹੇ ਕਿਸੇ ਵੀ ਵਿਅਕਤੀ ਤੋਂ 2 ਮੀਟਰ ਦੀ ਦੂਰੀ ਬਣਾ ਕੇ ਰੱਖੋ ਜੋ ਤੁਹਾਡੇ ਨਾਲ ਨਹੀਂ ਰਹਿੰਦਾ ਹੈ

ਜੇਕਰ ਤੁਹਾਨੂੰ ਹੇਠਾਂ ਦਿੱਤਿਆਂ ਵਿੱਚੋਂ ਕੋਈ ਵੀ ਲੱਛਣ ਮਹਿਸੂਸ ਹੋਣ, ਤਾਂ ਆਪਣੇ ਘਰ ਵਿੱਚ ਆਪਣੇ ਆਪ ਨੂੰ ਇਕੱਲਤਾ ਵਿੱਚ ਰੱਖੋ ਅਤੇ 119 ਨੂੰ ਫੋਨ ਕਰਕੇ

ਜਾਂ nhs.uk.coronavirus 'ਤੇ ਜਾ ਕੇ ਟੈਸਟ ਕਰਵਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦੇ ਰਹੋ

ਉੱਚ ਬੁਖਾਰ

ਨਵੀਂ ਛਿੜੀ, ਲਗਾਤਾਰ ਖੰਘ

ਤੁਹਾਡੀ ਸੁੰਘਣ ਜਾਂ ਸੁਆਦ ਦੀ ਸੰਵੇਦਨਾ ਦਾ ਖਤਮ ਹੋ ਜਾਣਾ ਜਾਂ ਉਸ ਵਿੱਚ ਬਦਲਾਅ ਹੋਣਾ

ਇਹਨਾਂ ਨਿਸ਼ਾਨਾਂ ਦੀ ਪਾਲਣਾ ਕਰਕੇ, ਤੁਸੀਂ ਸਾਡੇ ਭਾਈਚਾਰਿਆਂ ਵਿੱਚ ਸਭ ਤੋਂ ਕਮਜ਼ੋਰ ਲੋਕਾਂ ਦੀ ਰੱਖਿਆ ਕਰਨ ਵਿੱਚ ਸਹਾਇਤਾ ਕਰ ਸਕਦੇ ਹੋ।

Romanian

De joi, 5 noiembrie, am intrat în carantină la nivel național, ceea ce înseamnă că restricțiile se schimbă pentru noi toți.

Vă rugăm să respectați aceste restricții, pentru a vă menține în siguranță pe dvs. și pe cei dragi:

Trebuie să stați acasă.

Plecați de acasă doar pentru hrană, motive medicale, exerciții fizice, educație sau muncă.

Trebuie să lucrați de acasă, dacă puteți.

Evitați călătoriile dacă nu sunt absolut necesare.

Școlile și magazinele esențiale vor rămâne deschise.

Nu vă întâlniți în interior sau în grădini private cu nicio persoană cu care nu locuiți (vă puteți întâlni cu cercuri dvs. de prietenii).

Puteți întâlni o persoană dintr-o altă gospodărie în spații publice deschise.

Nu uitați: spălați-vă mâinile, acoperiți-vă fața și păstrați distanța de doi metri față de oricine cu care nu locuiți

Pentru a vă proteja pe dumneavoastră și pe cei dragi de coronavirus:

Mâini - Spălați-vă pe mâini în mod regulat

Față - Purtați masca în spațiile închise

Spațiu - Păstrați o distanță de 2 metri față de orice persoană cu care nu locuiți

Dacă prezentați oricare dintre următoarele simptome, auto-izolați-vă la domiciliu și continuați să solicitați un test apelând 119 sau accesând nhs.uk.coronavirus

Temperatură ridicată

Tuse neobișnuită, constantă

Pierderea sau deteriorarea simțului mirosului sau al gustului

Respectând aceste reguli, ne ajutați să îi protejăm pe cei mai vulnerabili din comunitățile noastre.

Somali

Laga bilaabo Khamiista 5 Nofeembar, waxaan u guurnay xayiraad qaranka oo dhan ah, taasoo macnaheedu tahay in xayiraadaha ay u bedelmeen dhamaanteen.

Fadlan raac xayiraadaha si aad naftaada iyo kuwa aad jeceshahayba ugu ilaaliso badbaado:

Waa inaad guriga joogtaa

Kaliya guriga uga tag si aad u doonato cunno, sababo caafimaad, jimicsi, waxbarasho ama shaqo

Waa inaad ka shaqeysaa guriga haddii aad awoodid

Iska ilaali safarka marka laga reebo haddii ay khasab tahay

Iskuulada iyo dukaamada muhiimka ah way sii furnaan doonaan

Qof aadan la nooleyn hakula kumela melaha gudaha ah ama jardiinooyinka gaarka loo leeyahay (waxaad la kulmi kartaa shabakada taageeradaada)

Waxaad qof kale oo ka socda qoys kale kula kulmi kartaa meelaha banaan ee dadweynaha

Xusuusnow: gacmahaaga dhaq, wajigaaga daboolo oo laba mitir ka fogaow qof kasta oo aanad la noolayn

Ka difaac naftaada iyo ehelkaaga cudurka koronafayraska adoo:

Gacmaha – Farxalo si joogto ah

Wajiga – Xiranaaya gafuur xir markaad ku jirto gudaha meelaha

Bad – Ka fogaow 2 mitir qof kasta oon kula noolayn

Haddii aad isku aragto wax kamid ah astaamaha soo socda, isku karantiil gurigaaga iskuna day inaad isbaarto adoo wacaaya 119 ama booqanaaya nhs.uk.coronavirus

Heerkul sareeya

Qufac cusub, oo joogto ah

Luminta ama isbadalka ku dhaca urka ama dhadhanka

Adoo raacaaya xeerarka, waxaad naga caawin kartaa inaan difaacno dadka aadka u nugul ee bulshadeena kamid ah.

Tigrinya

ካብ ምሒ 5 ሓርር ኣትሒ.ዝና ናብ ሃገራዊ ሎኪዳውን ወይ ዕጽዋ ንኣቱ ክንኣቱ ኢና፡ እዚ ማለት ቀይድታት ንኹልና ይቐየሩ ኣለዉ ማለት'ዩ።

ብኸብረትኩም ድሕነት ገዛእ ርእሰኹምን ናይ ተፈቅርዎም ሰባትን ንምሕላው ነዘም ቀይድታት እዚእም ስዓብዎም፡ ኣብ ገዛ ክትኮኑ ኣለኩም ንምግብ፡ ሕክምናዊ ምኽንያታት፡ ንኣካልዊ ምውስዳስ፡ ትምህርቲ ወይ ስራሕ ጥራይ ካብ ገዛ ውጹ እንተኸኢልኩም ካብ ገዛ ክትሰርሑ ኣለኩም እንተድኣ ግዴታ ዘይኮይኑ ጉዕዞ ወይ መገሻ ኣወግዱ ኣብያተ-ትምህርትን ድኣናትን ክፉታት ኮይኖም ክቐጽሉ እዮም ምስ ዝኾነ ምሳኹም ዘይቅመጥ ሰብ ኣብ ውሽጢ ዝሃወ ኣብ ውልቃዊ ጀራዲን ኣይትራኹቡ (ኣብ ናይ ደገፍ ዓንኬልኩም ምስ ዘለዉ ሰባት ክትራኹቡ ትኸእሉ)

ኣብ ግዳማዊ ወይ ክፉት ህዝባዊ ቦታታት ካብ ካልእ ስድራ ምስ ዝኾነ ኣደ ሰብ ጥራይ ክትራኹቡ ትኸእሉ እዚ ዝሰብ ዘክፍ፡ ኣኣዳውኩም ተሓጻኑ፡ ገጽኩም ሽፍኑ ከምኡ ድማ ካብ ምሳኹም ዘይነበር ዝኾነ ሰብ ናይ ክልተ ሜትር ርሕቀት ኣልዉ።

ከምዚ ዝሰብ ብምግባር ንገዛእ ርእሰኹምን ንተፈቅርዎም ሰባትን ብ ኮሮናቫይረስ ተኸላኹሉ፡ ኣኣዳው – ኣኣዳውኩም ብስፍራ ተሓጻኑ ገጽ – ኣብ ኣጻው ቦታታት ናይ ገጽ መሸፈኒ ምግባር ርሕቀት – ካብ ዝኾነ ምሳኹም ዘይነበር ሰብ ናይ 2 ሜትር ርሕቀት ኣልዉ።

እንተድኣ ዝኾኑ ካብዘም ዝሰብ ምልክታት ሕምም ኣጋጢሞምኹም፡ ገዛእ ርእሰኹም ምስ ስድራኹም ነጽሎ መርመራ ንምርካብ ከኣ ናብ 119 ብምድዋል ወይ ናብ nhs.uk.coronavirus ብምብጻኡ ምፍታን ቀጽሎ ልዑል መቐት ሰብነት ኣድሽ፡ ቀጻሊ ሰዓል ምጥፋእ ወይ ለውጢ ኣብናት ምሽታት ወይ ምስትምቓር ስምዒትኩም ነዘም ሕግታት እዚእም ብምስግብ፡ ትኣም ኣብ ማእከሪሰባትና ዝያዳ ተነቀፍቲ ዝኾኑ ንምክልኹል ክትሕገዘና ትኸእሉ።

Tamil

பின்வரும் செயல்களின் மூலம் உங்களையும் உங்கள் அன்பிற்குரியவர்களையும் கொரோனா வைரஸிடம் இருந்து பாதுகாக்கவும்:

கைகள் – உங்கள் கைகளை முறையாக கழுவுதல்
முகம் – மூடிய இடங்களில் இருக்கும்போது முகக் கவசம் அணிதல்
இடைவெளி – உங்களுடன் வசிக்காதவரிடம் இருந்து 2 மீட்டர் இடைவெளியைப் பராமரிக்கவும்
நீங்கள் பின்வரும் அறிவுரைகள் எதையாவது அனுபவித்தால், வீட்டிலேயே உங்களை சுய தனிமைப்படுத்திக்கொள்ளவும் மற்றும் பரிசோதனை செய்துகொள்ள 119-ஐ அழைக்கவும் அல்லது nhs.uk.coronavirus-ஐப் பார்வையிடவும்
அதிக உடல் வெப்பநிலை
புதிதாக, தொடர்ச்சியான இருமல்
வாசனை அல்லது சுவை உணர்வு இழப்பு அல்லது மாற்றம்
இந்த விதிகளைப் பின்பற்றுவதன் மூலம், நமது சமூகங்களில் மிகவும் பாதிக்கப்படக்கூடியவர்களைப் பாதுகாக்க நீங்கள் எங்களுக்கு உதவ முடியும்.

நவம்பர் மாதம் 5 ஆம் தேதி வியாழக்கிழமையிலிருந்து நாம் தேசிய ஊராடங்கிற்கு உட்படப்போகிறோம். அதாவது கட்டுப்பாடுகள் நம் அனைவருக்கும் மாறுகிறது. உங்களையும் உங்கள் அன்புக்குரியவர்களையும் பாதுகாப்பாக வைத்திருக்க இந்தக் கட்டுப்பாடுகளைப் பின்பற்றுங்கள். நீங்கள் கட்டாயம் வீட்டிலேயே இருக்கவேண்டும் உணவு, மருத்துவக் காரணங்கள், உடற்பயிற்சி செய்ய, கல்வி அல்லது பணிக்காக மட்டுமே வீட்டை விட்டு வெளியே செல்லுங்கள்.

முடியுமெனில் வீட்டிலிருந்தே பணி புரியவேண்டும் கட்டாயம் தேவையென்றால் தவிர பயணம் செய்வதைத் தவிர்க்கவும் பள்ளிகள் மற்றும் அத்தியாவசியக் கடைகள் திறந்திருக்கும் உங்களுடன் வசிக்காத எவரையும் வீட்டின் உள்ளேயோ அல்லது தனிப்பட்ட பூங்காக்களிலோ சந்திக்கவேண்டாம் (உங்கள் ஸ்போர்ட்ஸ் பயிற்சி அணிந்து சந்திக்கலாம்) வேறு குடும்பத்திலிருந்து ஒருவரை நீங்கள் வெளியே பொது இடங்களில் சந்திக்கலாம். நினைவில் கொள்ளுங்கள்: உங்கள் கைகளைக் கழுவங்கள், உங்கள் முகத்தினை மூடுங்கள் மற்றும் உங்களுடன் வசிக்காத எவரிடமிருந்தும் இரண்டு மீட்டர் இடைவெளியைப் பராமரியுங்கள்.

Turkish

5 Kasım Perşembe gününden itibaren ülke çapında sokağa çıkma kısıtlaması başladı, dolayısıyla geçerli kısıtlamalar hepimiz için değişiyor.

Lütfen kendi güvenliğinizi ve sevdiklerinizin güvenliğini korumak için bu kısıtlamalara uyun:

Evinizde kalın

Evden yalnızca beslenme ihtiyaçları, tıbbi sebepler, egzersiz, eğitim veya iş amaçları için çıkın

Eğer mümkünse evden çalışın

Zorunlu olmadıkça seyahat etmeyin

Okullar ve temel ihtiyaç malzemelerini satan dükkanlar/mağazalar açık kalacaktır

Aynı evde yaşamıyorsanız kimseyle kapalı mekanlarda veya şahıslara ait bahçelerde buluşmayın (destek balonunuz olan hanenin üyeleriyle buluşabilirsiniz)

Herkes açık dış mekanlarda başka bir haneden bir kişiyle buluşabilirsiniz

Unutmayın: Ellerinizi yıkayın, maske takın ve aynı evde yaşamadığınızı insanlarla aranızda iki metre mesafeyi koruyun

Aşağıdakileri uygulayarak kendinizi ve sevdiklerinizi koronavirüsten koruyun:

Eller – Ellerinizi düzenli olarak yıkayın

Yüz – Kapalı alanlarda maskenizi takın

Mesafe – Birlikte yaşamadığınız kişilerle aranızda 2 metre mesafe koyun

Aşağıdaki belirtilerden herhangi birini gösterirseniz ev halkıyla birlikte kendinizi izole edin ve 119 numaralı hattı arayarak ya da nhs.uk.coronavirus adresini ziyaret ederek test yaptırmayı deneyin

Yüksek ateş

Yeni ortaya çıkan sürekli öksürük

Koku ve tat duyusu kaybı veya bu duylarda değişiklik

Bu kurallara uyarak topluluklarımızdaki en savunmasız kişileri korumamıza yardım edebilirsiniz.

Urdu

جمعرات 5 نومبر سے، ہم قومی لاک ڈاؤن میں داخل ہو گئے ہیں، جس کا مطلب یہ ہے کہ ہم سبھی کے لیے پابندیاں تبدیل ہو رہی ہیں۔

برائے مہربانی خود کو اور اپنے عزیز و اقارب کو محفوظ رکھنے کے لیے ان پابندیوں پر عمل کریں

لازمی طور پر گھر پر رہیں

گھر سے باہر صرف کھانے، طبی وجوہات، ورزش، تعلیم یا کام کے لیے ہی نکلیں

اگر آپ کے لیے ممکن ہو تو گھر سے ہی کام کریں

جب تک ناگزیر نہ ہو سفر سے اجتناب کریں

اسکول اور بنیادی ضروریات کی دوکانیں کھلی رہیں گی

اندرون خانہ یا نجی گارڈنز میں کسی بھی ایسے شخص سے ملاقات نہ کریں جن کے ساتھ آپ نہ رہتے ہوں (اپنے سپورٹ بیل سے مل سکتے ہیں)

آپ بیرون خانہ عوامی جگہوں میں دیگر گھرانہ کے ایک شخص سے ملاقات کر سکتے ہیں

یاد رکھیں: اپنے ہاتھوں کو دھوئیں، اپنے چہرے کو ڈھکیں اور کسی بھی ایسے شخص سے جن کے ساتھ آپ نہ رہتے ہوں دو میٹر کی دوری بنائے رکھیں۔

مندرجہ ذیل کے ذریعہ اپنی اور اپنے عزیزوں کی کورونا وائرس سے حفاظت کریں

ہاتھ – اپنے ہاتھوں کو برابر دھوئے رہیں

منہ – بند جگہوں میں اپنا فیس کوور لگائے رکھیں

خالی جگہ – ہر اس شخص سے 2 میٹر کی دوری بنائے رکھیں جن کے ساتھ آپ رہتے نہ ہوں

اگر آپ کو مندرجہ ذیل علامات میں سے کسی بھی علامت کا سامنا ہو تو اپنے گھر میں خود کو علیحدہ کر لیں اور 119 پر کال پر جا کر چانچ کے لیے کوشش کرتے رہیں۔ nhs.uk.coronavirus کر کے یا

زیادہ درجہ حرارت

کوئی نئی، مسلسل کھانسی

نو یا ذائقہ کا فقدان یا اس میں تبدیلی

ان ضابطوں کی تعمیل کر کے آپ ہماری کمیونٹی میں سب سے زیادہ ضرر پذیر لوگوں کی حفاظت کرنے میں ہماری مدد کر سکتے ہیں۔

STANDING TOGETHER IN WALTHAM FOREST

KEEP YOURSELF AND YOUR LOVED ONES SAFE



HANDS



FACE



SPACE

Since March 2020 Waltham Forest residents and businesses have done so much to support the most vulnerable in our community

12,802 hours of volunteer work completed

£41,395,000 paid to 3028 small businesses in grants

76 out of 78 schools remained open for children of key workers

679 visits to 577 businesses to check compliance since September

£1,451,360 awarded in hardship payments

3,400 deliveries made by the Community Help Network

10,000 face masks handed out to residents

12,802 hours of volunteer work completed

£41,395,000 paid to 3028 small businesses in grants

76 out of 78 schools remained open for children of key workers

679 visits to 577 businesses to check compliance since September

£1,451,360 awarded in hardship payments

For the latest COVID-19 cases in Waltham Forest, information and resources go to walthamforest.gov.uk/covid19

