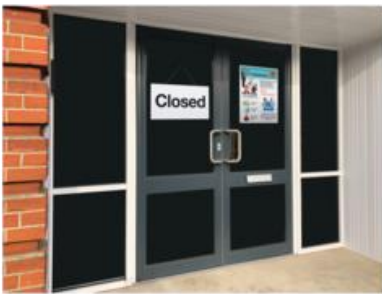


People First (Scotland)
77-79 Easter Road
Edinburgh
EH7 5PW
13/03/20



Dear members and directors,
CHANGES BECAUSE OF COVID 19



People First (Scotland) offices are going to close for several weeks.

No groups will happen from now until the end of April.

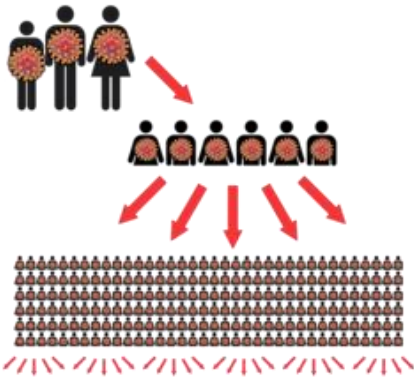


If you have a meeting arranged the worker will contact you by telephone instead.

People First workers will be working from home.



You can still call text or email workers on their mobile phones.



We want to limit travel by members and workers to avoid the COVID19 risk on public transport.

We want to limit the contact between members and workers while COVID19 is a risk and worry for so many people.



Many People First (Scotland) members have underlying health conditions.

Many members are over 60 or have regular contact with people that age.



There is some information with this letter about washing your hands.



There is also information by Mencap and The Action Group attached about what to do if you feel unwell.

Coronavirus



Coronavirus is a new illness that can affect your lungs and airways. It is sometimes called COVID19.

The symptoms of coronavirus are:



- a cough
- a high temperature
- shortness of breath

But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as the cold and flu.

The best way to stop Coronavirus spreading is to:



- Cover your mouth and nose when you sneeze or cough



- Put used tissues in the bin right away



- Wash your hands with soap and water often



- Use hand sanitiser gel if there is no soap and water



- Do not touch your face if your hands are not clean

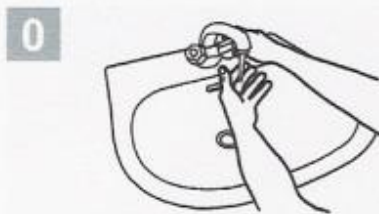


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How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



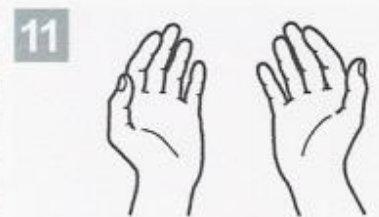
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.