

MORDEN COMMUNITY FORUM

14 OCTOBER 2020

(7.15 pm - 9.00 pm)

PRESENT Councillors (in the Chair), Councillor Pauline Cowper

1 WELCOME AND INTRODUCTIONS (Agenda Item 1)

The meeting was held via Zoom, and chaired by Councillor Pauline Cowper. Two residents and seven councillors attended on Zoom with 44 additional views on YouTube. The Chair welcomed everyone to the meeting and explained how the meeting would work.

2 UPDATE FROM THE LEADER OF THE COUNCIL (Agenda Item 2)

Councillor Stephen Alambritis gave the annual report he provides to all of the community forums.

Sadly 205 people in Merton have died from COVID-19, and Stephen offered his condolences. Merton Council is working closely with care homes to support them including provision of PPE. Merton is still on lower end of infection scales at 40 cases per 100,000 but this is going up. We are working with all the leaders across London as it is important to work together, including a joint procurement project which sourced 50million pieces of PPE.

Merton is also researching in the issues behind inequality of BAME residents in relation to COVID. In Merton more than 7000 residents were shielded, all of whom were contacted and offered support. Merton redeployed staff to help with the crisis, for example the Bailiffs team were tasked with distributing food parcels.

The local community also came together to support residents and Stephen highlighted the work of the MVSC Hub at Vestry Hall, Merton Mutual Aid, Dons Local Action Group, Commonsides Trust, and foodbanks, as well as paying tribute to the many volunteers who contributed. Stephen also thanked Councillors and the MPs for their support.

Merton is joining Croydon to nominate Patrick Hutchinson for a bravery award following his rescuing of a rival protester in London.

Services are reopening with Garth Road no longer needing booking at weekends, but booking required Monday – Friday and all libraries have reopened. Merton was the

3rd quickest in London in getting government grants out to local businesses. Helped 2000+ SME businesses. Merton also waived rents as a landlord. Stephen was pleased that cultural funding has supported Wimbledon Bookfest which is an important event for Merton.

Merton has an [Emergency transport strategy](#) including 26 school streets. We have used and Experimental Management Order as we were asked by government to move quickly. Also 52 rough sleepers were helped into accommodation during lockdown, with 8 refusing the offer of help. We hope the Government will provide support to help find long term solutions. COVID has had a significant Impact on Merton Council finances, with both extra spending on COVID-19, and a loss of income. Stephen called on government to support all local government.

Stephen gave an update on the Mitcham Bridge on Bishopford Road. Stephen said there had been a pause for the planning application to be considered. This will go to committee this month and we hope to let contact in November, and the new bridge then built by spring 2021.

Stephen welcomed the £500m investment in the Epsom and St Helier Trust but believe it should be used to keep services at St Helier. We have referred the proposals to downgrade St Helier Hospital to the Secretary of State for Health, and he has asked the independent reconfiguration panel to review the decision taken by the Clinical Commissioning Group.

AFC Wimbledon's new stadium is nearly finished, with the first match due to be played behind closed doors on 3 November. This will help regenerate Plough Lane area, including more than 800 new housing units.

Merton has a new Mayor, Councillor Sally Kenny has taken on this very important role. These are difficult times but Cllr Howard had shown it was possible to still raise significant funds.

Stephen said that he hoped the More Morden project would begin work in Spring 2021. We are working with TfL but COVID has impacted on the scheme with a depressed development market. We are currently Working up options to begin in Spring 2021

New Mayor, Sally Kenny. Very important role, difficult times but Cllr Howard proved it was possible to raise significant funds during her term.

3 EMISSIONS BASED PARKING CHARGES CONSULTATION (Agenda Item 3)

Chris Lee, Director of Environment and Regeneration introduced the item and explained why Merton is consulting on changes to charges and why now. Introducing emissions based charging was always planned, but in the last consultation the proposed changes did not include emissions as the technology to deliver it was not available.

Covid-19 has meant that public transport not available so during the lockdown we saw a move nationally to encourage much more active travel. In outer London car use now at 150% of previous levels so this is an issue that still needs addressing. We have delayed this consultation due to lock down, as the proposal was originally agreed to go out to consultation in the spring.

The proposed approach builds on the previous consultation. We do not have control over vehicles passing through the borough so we know the proposals do not take into account movement of vehicles. However, it is important to take a proportionate approach to the tools we have.

Ben Stephens, Head of Parking Services gave a presentation on the details of the proposals and the presentation is attached to this report. Ben explained that more than half of London boroughs either have or are introducing some form of emissions based charging. It is proposed that a supplementary charge based on the approach in the London ULEZ scheme will replace the current diesel levy. The consultation will remain open until 23 October 2020.

FOLLOWING THE MEETING: the consultation was extended to 26 October.

Cllr Holden asked how many people in Morden will be impacted and how this compares to other areas. Ben said that this proposals affects all controlled parking zones, on-street parking and off-street parking. The majority of CPZs are in Wimbledon, with many also in Morden, Colliers Wood and Raynes Park. There are fewer controlled zones in Mitcham.

The busiest on street and off street parking is in town centres.

Cllr Foley asked how many of 57% who responded in favour of emissions charging were car owners and how many responses were there. Ben said there were nearly 3000 responds to consultation, but will need to check the figures.

FOLLOWING the meeting these figures were checked. 2746 people responded to the question on whether they agreed Merton Council should prioritise lower polluting vehicles by offering a lower parking charge over highly polluting vehicles. Of these 532 (19%) strongly agreed and 1037 (38%) agreed. 2558 said they owned a car, and 18% of car owners strongly, and 37% agreed. Non-car owners were more likely to strongly agree (39%) with 32% also agreeing.

Cllr Southgate asked that as TfL has extended bus lanes extended to 24/7 will Merton do the same. Chris Lee said we have no plans will keep this under review as it will depend on congestion levels

Cllr Draper asked if we could include a wider range of examples explaining the impact and also asked if there would be special cases. Chris said we can add examples to website. We have completed Equalities Impact Assessment and will use this to inform decision. We already have a carer's permit which will not be increased. We do not have a policy around low pay. Business permits may increase depending on the emissions of the vehicle but would be significantly reduced if they move to an electric vehicle.

A resident asked if existing scratchcards be still be excepted, and Ben confirmed Merton would honour any already sold.

A resident asked if any additional income would be spent on improving roads. Chris said that it is prescribed by law that any parking income has to be spent on transport. A number of areas could be invested in with any additional income to improve infrastructure.

Cllr Crowe said that emission taxes should be fairly applied but this discriminates against CPZ areas, would it be possible to put all areas into a CPZ and then only charge the emissions element. Chris said that current CPZ arrangements are currently based on residents petitioning for them, so whilst this idea would have a logic, would break this policy. We would welcome ideas to be submitted as part of consultation.

4 COVID-19 UPDATE (Agenda Item 4)

Barry Causer, Head of Strategic Commissioning, Public Health gave a presentation on the current situation with COVID, and the presentation is attached to this report.

The key message is that there is a new national three tier system introduced and the level in London, and therefore Merton is medium, the lowest level. Positive cases are increasing across London and in Merton especially for 18-29 year olds and 30-65 year olds. If this trend continues we are likely to see the alert level in London escalate. There is now additional testing capacity in London but tests should only be requested if you are symptomatic, are taking part in a government pilot project or if asked to by the NHS before having surgery or another procedure.

Community action is vital, in order to prevent outbreaks and reducing the health harms. In particular residents are asked to:

- Prevent transmission through the rule of 6, regular handwashing and using face-coverings.

- Get tested if symptomatic
- Respond and follow the advice of NHSTest and Trace
- Be aware of potential fraud
- NHS is open
- Get COVID fit to reduce the risk of complications e.g. stop smoking
- Manage long-term conditions
- Get support for mental health
- Get your flu jabs

COVID-19 Community Champions have been set up in Merton. Anyone who lives or works in Merton and is able to share key messages and information. 50 volunteers so far, with drop in sessions on Wednesdays. You can register [online](#).

5 DATE OF NEXT MEETING (Agenda Item 5)

There was an update on an item discussed at the last meeting.

The Local Government Boundary Commission for England has announced their final proposals for new ward boundaries. These are available on their website. <https://www.lgbce.org.uk/>. The proposals will now be put before parliament and should be in place for the 2022 local elections.

Councillor Cowper thanked everyone for attending and closed the meeting. The next meeting will take place on Wednesday 24 February 2021

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Consultation on emission-based parking charges

A strategic approach to parking charges

Community engagement
September/October 2020

This meeting :

- What is being proposed ?
- Why is it being proposed ?
- How the proposals will work ?
- Where to find our more and have your say?

What is being proposed

An emission based charging policy for all vehicles in the borough.

Polluter pays principle

- The principle of emission-based charging is that the less polluting your vehicle is, the less you pay, and the more polluting, the more you pay.
- Applies to all Permit charges and paid for parking in and off street.

Why is this being proposed ?

In a recent Merton survey 57% of respondents agreed lesser polluting cars should be charged less than more polluting cars.

Merton has committed to considering emissions based charging to help tackle the following issues:

Climate Change

The use of petrol and diesel vehicles in the borough makes up 19% of Merton's carbon emissions

Air Quality

- Emissions of NOx and PM is associated with a range of adverse health impacts
- More than 9,000 premature deaths attributed to poor air quality in London
- Transport emissions account for approximately 60% of Merton's NOx emissions

Public Health

- Active travel is one of easiest ways to exercise
- 30 minutes of moderate exercise four to five days a week can halve the risk of a heart attack.
- One third of Merton Children are obese by the end of primary school.

Why is this being proposed ?

It is hoped that the proposals will support the following outcomes:

- Increased use of sustainable modes of travel
- Improved health outcomes – less diabetes , obesity , heart and lung related disease etc
- Improved air quality
- Reduced carbon emissions
- Increased uptake of ultra-low emission vehicles
- Reduced car journeys and car ownership
- Increase use of Car clubs

Key elements of emission based charging?

The proposed model for all permits will be based on the following criteria:

Removal of the current diesel levy and a new approach

1. Location.

Location-based charging has been in operation since January 2020. Charges are based on the location of the controlled zone and public transport accessibility, also how long each day the zone is operational.

2. Carbon dioxide (CO₂) emissions.

Our proposals will build on the current model and include CO₂ emissions which contribute towards climate change. This is based on Vehicle Excise Duty (VED) 'car tax' bands

3. ULEZ-based surcharge.

Our proposals include a surcharge for some vehicles based on their nitrogen oxides (NO_x) and particulate matter (PM) emissions. These emissions contribute to local air pollution which can damage health. This is based on the Transport for London Ultra Low Emission Zone (ULEZ) model. This will replace the existing diesel levy that has been in operation since 2017.

4. *ULEZ-based surcharge for Pay and Display parking.* *A single one off payment is being proposed for each parking session to vehicles exceed the minimum emission levels.*

Example of Emission based charging

Permits -

Example 1. (Audi A1 1L 2017)

1. **Location** - Tier 2. Controlled Zone is only enforced for part of the day,.
2. **CO2 Emissions** The vehicle also emits only 97 (g/km) CO2 Emissions and is in band E of the Governments tax bands and liable for a £90 Permit charge.
3. **(NOx)** The vehicle is manufactured in 2017 with a Euro rating of 6, therefore NOT liable to the £150 ULEZ based charge.

Total Charge £90. This is £20 cheaper than the current Permit price

Example 2. On street Parking and Car Parks -

A proposed one off charge of £1.50 for each parking event if the vehicle does not meet minimum ULEZ **(NOx)** based standard.

Other boroughs who charge based on Emissions

- **At least half of all London boroughs use a form of emission based charging.**

(Examples right)

- **Transport for London have the Ultra Low Emission Zone.**

- There was a 65% reduction in the number of older, more polluting, noncompliant vehicles detected in the zone in the first 6 months

- **Government Vehicle Tax bandings are based on emissions.**

Barking and Dagenham

Barnet

Brent

Camden

Croydon

Ealing

Enfield

Haringey

Hounslow

Hackney

Islington

Kensington and Chelsea

Lambeth

Sutton

Waltham forest

Westminster

Covid 19 issues

- Limits on public transport at present but this will not be permanent and we will expect to get back to full capacity
- Traffic is now at or above pre-covid levels [110% of previous in Outer London]

How can I support or make representation on this proposal?

We welcome your comments

Any person wishing to make representation or object on the proposals should visit: www.merton.gov.uk/parkingconsultation2020

We have an online survey and opportunity to submit representations

or

In writing to Parking Services, the London Borough of Merton, Merton Civic Centre, London Road, Morden, Surrey, SM4 5DX quoting reference **Parking Consultation 2020** or by email to parkingconsultation2020@merton.gov.uk, no later than **23rd October 2020**.

COVID-19 update

Morden Community Forum

Barry Causer – Head of Strategic Commissioning (Public Health)

14th October 2020

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Minute Item 4



AIMS AND PURPOSE

- Brief overview of the key COVID-19 messages related to Merton
- Brief overview of outbreak control
- Important messages for community involvement/action
- Introduce our Merton Community Champions – a key part of outbreak prevention
- Q&A

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KEY MESSAGES

- A new national three-tier system of coronavirus restrictions has been introduced in England. **The national alert level is applied to London as a whole rather than to individual boroughs and the current level is medium**
 - medium – for areas where national restrictions continue to be in place
 - high – for areas with a higher level of infections where additional restrictions are in place e.g. not socialising with anyone outside your household or bubble in any indoor settings
 - very high – for areas with a very high level of infections and tighter restrictions are in place e.g. pubs and bars must close
- Cases of COVID-19 in London, including in Merton, have increased significantly in recent weeks and **if the trend continues, the London alert level is likely to be escalated.**
- Rate of infections are **increasing across all of Merton**; with higher rates in the west than in the east and in younger (18 to 29) and working age residents (30 to 65). The majority of cases are assumed to result from **transmission within and between households.**
- We need to take action now and do everything we can to slow the spread. The most effective way of helping to stop the spread remains **adhering to guidelines** around social distancing, the rule of six, wearing face coverings and washing hands.
- **Self-isolate** immediately if you have symptoms, have tested positive, live with someone who has symptoms or a positive test, or are told to by NHS Test and Trace.
- The **COVID-19 App** has been downloaded 14 million times so far. The more who download it, the better it works.



LOCAL COVID ALERT LEVEL

MEDIUM

<p>Social Contact</p>  <p>Rule of six indoors and outdoors, in all settings.</p>	<p>Weddings and Funerals</p>  <p>Up to 15 guests for weddings and up to 30 guests for funerals. 15 for receptions, wakes and related ceremonies.</p>	<p>Overnight Stays</p>  <p>Overnight stays permitted subject to social contact rules.</p>	<p>Working from home guidance</p>  <p>Work from home where possible.</p>
<p>Shopping and Retail</p>  <p>Open.</p>	<p>Leisure and gyms</p>  <p>Open.</p>	<p>Hospitality</p>  <p>Open with some restrictions including 10pm closing time and table-service only.</p>	<p>Entertainment and tourist attractions</p>  <p>Open, except nightclubs and adult entertainment.</p>
<p>Education</p>  <p>Schools, FE colleges open. Universities must reflect wider restrictions.</p>	<p>Healthcare Services</p>  <p>Open.</p>	<p>Residential Care</p>  <p>Open to external visitors with additional precautions, subject to individual care provider guidance.</p>	<p>Travel and Transport</p>  <p>No travel restrictions within area. Avoid travel into Local COVID Alert Level Very High areas where possible.</p>
<p>Sporting Activity</p>  <p>Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport).</p>	<p>Worship</p>  <p>Open, subject to social contact rules.</p>	<p>Childcare</p>  <p>Registered and wraparound childcare open. Supervised activities permitted in private homes. Children's groups permitted.</p>	<p>Youth Clubs and Activities</p>  <p>Permitted.</p>

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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)

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MERTON LOCAL OUTBREAK CONTROL PLAN

Accessible at

[https://www.merton.gov.uk/assets/Documents/Outbreak%20Control%20LBM%20Outbreak%20Control%20Plan%20for%20publication%20with%20forward%20290620%20\(003\)%20\(002\).pdf](https://www.merton.gov.uk/assets/Documents/Outbreak%20Control%20LBM%20Outbreak%20Control%20Plan%20for%20publication%20with%20forward%20290620%20(003)%20(002).pdf)

Purpose

Complement NHS test and trace to minimise virus spread. Identify high risk settings and vulnerable communities; describes how LBM works with Public Health England and local partners e.g. NHS and Voluntary Sector

Scope

Response readiness for managing C19 positive cases/outbreaks; not included: prevention/mitigation of wider C19 harm and recovery

Themes (DHSC)

1- Care homes and schools; 2- Other high-risk settings; 3- Local testing capacity (in addition to routine NHS Test & Trace); 4-Local contact tracing / case finding (for community clusters); 5 Data integration; 6 Vulnerable people; 7 Governance

Timeline

Now – end of March 2021 (at least; covering high risk autumn/winter)

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COMMUNITY ACTION FOR OUTBREAK PREVENTION

- Symptoms to look for - high temperature, new continuous cough, loss or change of smell/taste
- Testing – if symptomatic get a test via 119 or www.nhs.uk/coronavirus
- NHS Test & Trace
 - if +ve case you will be contacted by e-mail, text or phone and asked for the contact details of any close contacts
 - if contacted by NHSTT, having been in close contact of someone who had +ve test, you will be asked to self-isolate for 14 days
 - Download the NHS COVID-19 app
- Be aware of potential NHSTT fraud e.g. someone asking for payment for a COVID19 test; testing is free. Text messages will come from NHStracing and calls will come from 0300 0135000
- Sign up for Merton COVID-19 newsletter – www.merton.gov.uk/newsletter

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COMMUNITY ACTION FOR REDUCING HEALTH IMPACT

- The NHS is open. If you are worried, phone your GP or use NHS 111
- Get 'covid-fit' to reduce risk of complications
 - Eat healthily or lose weight
 - Stop Smoking
 - Increase your physical activity levels
- Manage any Long-Term Conditions e.g. diabetes
- Access support for your Mental health and wellbeing
- Get your flu jab, many groups get this free but they are also available from some employers and from Community Pharmacy

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COVID-19 COMMUNITY CHAMPIONS

- ✓ COVID-19 Community Champions are a key part of our approach to preventing and managing outbreaks in Merton
- ✓ In response to Community Engagement workshop (11th Aug), where we heard that community want to support local efforts and have an on-going dialogue with LBM and NHS
- ✓ Anyone who lives or works in Merton who wants to help stop the spread of COVID-19
- ✓ Anyone that will share clear and consistent messages from the NHS and Public Health and feedback on challenges in Merton
- ✓ We have over 77 champions who are residents, Councillors, service providers, LBM Officers, CCG Officers, VCS reps, Clinicians and more!

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The role of the Champions

1. Receive the latest updates on how to stay safe and healthy during COVID-19 through the weekly drop-in meetings and Friday messages

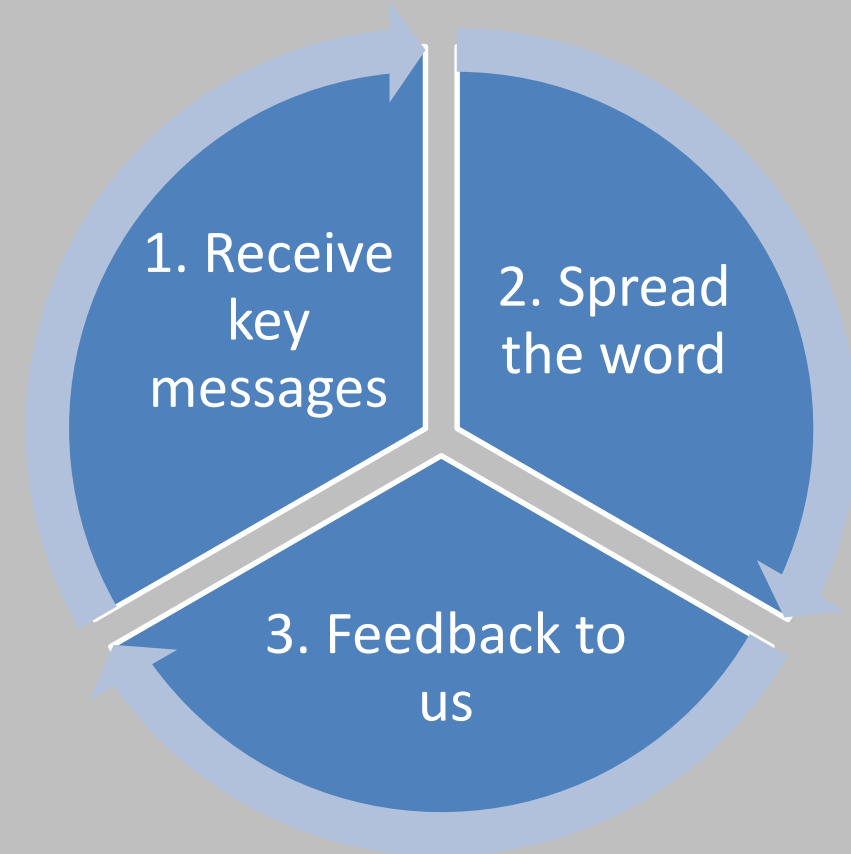
Key messages can be delivered to targeted audiences via a combination of digital and hard copies. Multiple languages and easy read versions via: video, jpegs, visuals, text message

2. Share this information with family, friends, work colleagues, and the wider community

Champions can spread the message via appropriate communication channels. We will support you in what ever way we can

3. Feedback to us what is working well, what isn't and what are the needs of the community

Everyone sharing – we want to hear from the champions too: what info do you need? what are the issues in the community?



JOIN OUR NETWORK OF COMMUNITY CHAMPIONS

- Register to become a champion at <https://consult.merton.gov.uk/survey/795> or for more information contact public.health@merton.gov.uk or una.obrien@merton.gov.uk
- Drop-in sessions take place every Wednesday (12pm-1pm and 7pm-8pm) - this weeks topic was mental health and next week we are exploring 'engagement and enforcement'.
- Tell your friends, family colleagues, networks and communities – we are always looking for new champions.

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Public Health
England

Our Top Six Tips to Londoners



Stick
with six

6

Mask
up



Wash
your
hands



Keep
your
distance



Check
your
symptoms



Pull
together



If you develop any coronavirus symptoms you should self-isolate and book a test as soon as possible

ANY QUESTIONS?

Barry Causer

Barry.Causer@merton.gov.uk

020 8545 4833

FURTHER INFORMATION

**THE RULE OF 6
SOCIAL DISTANCING
WEARING A FACE COVERING
SOCIAL ISOLATION**

THE RULE OF 6

To help prevent the spread of COVID-19, you should not socialise in groups bigger than 6 people.

When seeing friends and family you do not live with you should:

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- ✓ meet in groups of 6 or less
- ✓ follow social distancing rules when you meet up
- ✓ limit how many different people you see socially over a short period of time
- ✓ meet people outdoors where practical: meeting people outdoors is safer than meeting people indoors because fresh air provides better ventilation

(based on guidance at 30th September 2020)

FREQUENTLY ASKED QUESTIONS

Can I visit people indoors?

Yes. When meeting with people you don't live with you can socialise in groups of up to 6. This is a legal limit. If your household (and/or support bubble) is larger than 6 people, you can gather together. You should continue to maintain social distancing with anyone you do not live with.

Can I use public transport if I'm seeing friends in a park or going to my parents' garden?

You can help control coronavirus and travel safely by walking and cycling, if you can. However where this is not possible, you can use public transport or drive. If you do use public transport, you must wear a face covering .

Are children counted in the group of 6?

Yes.

Can I stay overnight in someone else's home?

Yes, you can stay overnight in someone else's home, but only if you do not form a gathering of more than 6 people. You may only form a gathering of more than 6 people for an overnight stay if it is with your support bubble. People in the same support bubble can stay overnight with each other in larger groups as they count as one household.

Can I look after my grandchildren?

Yes. People in groups of up to 6 can meet indoors or outdoors, which enables you to spend time with your grandchildren (although whole families may not be able to meet up at once).

(based on guidance at 30th September 2020)

How many people am I allowed to meet with outdoors?

When meeting with people you don't live with (or who you have not formed a support bubble with) you can socialise in groups of up to 6. If your household (and/or support bubble) is larger than 6 people, this is your largest permitted group and you cannot meet as a group with any additional people. You should continue to maintain social distancing with anyone you do not live with.

Can more than six people can be in a pub, restaurant or place of worship at once?

Venues following COVID-19 Secure guidelines can host more than 6 people in total, but no one should visit in a group of greater than 6 (unless you are all from the same household or support bubble).

EXCEPTIONS

There are exceptions where groups can be larger than 6 people. These include:

- for work, or the provision of voluntary or charitable services
- registered childcare, education or training
- supervised activities provided for children, including wraparound care, youth groups and activities, and children's playgroups
- providing support to a vulnerable person
- providing emergency assistance, and to avoid injury or illness or to escape risk of harm
- for arrangements where children do not live in the same household as both their parents
- fulfilling a legal obligation, such as attending court or jury service
- elite sporting competition and training
- wedding and civil partnership ceremonies and receptions – up to 15 people
- funerals – up to 30 people. This does not include wakes, other than for religious ceremonial purposes
- exercise classes, organised outdoor sport or licensed outdoor physical activity, and supervised sporting activity (indoors or outdoors) for under-18s
- indoor organised team sports for disabled people
- support groups of up to 15 participants – formally organised groups to provide mutual aid, therapy or any other form of support. This includes support to victims of crime, recovering addicts, new parents, people with long-term illnesses, those facing issues relating to their sexuality or gender, and those who have suffered bereavement.
- protests – if organised in compliance with COVID-19 Secure guidance. All individuals must be socially distanced

(based on guidance at 30th September 2020)

Social Distancing (space)

To reduce the risk of catching or spreading coronavirus, try to keep at least 2 metres away from people you do not live with. Social distancing helps stop the spread of the virus, as it is more likely to spread when people are close together. An infected person can pass on the virus even if they do not have any symptoms, through talking, breathing, coughing or sneezing.

Where you cannot stay 2 metres apart you should stay more than 1 metre apart, as well as taking extra steps to stay safe. For example:

- ✓ Wear a face covering: on public transport and in many indoor spaces, you must wear a face covering by law, unless you are exempt
- ✓ move outdoors, where it is safer and there is more space
- ✓ if indoors, make sure rooms are well ventilated by keeping windows and doors open

You do not need to socially distance from anyone in your household, meaning the people you live with. You also do not need to socially distance from someone you're in an established relationship with, or anyone in your legally-permitted support bubble if you are in one.

Wearing a face covering

COVID-19 usually spreads by droplets from

- ✓ coughs
- ✓ sneezes
- ✓ speaking

These droplets can also be picked up from surfaces and spread if you touch a surface and then your face without washing your hands first.

This is why social distancing, regular hand hygiene, and covering coughs and sneezes is so important in controlling the spread of the virus.

The best available evidence is that, when used correctly, wearing a face covering may reduce the spread of coronavirus droplets in certain circumstances, helping to protect others.



WHEN TO SELF-ISOLATE

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19). This helps stop the virus spreading to other people.

Self-isolate immediately if:

- ✓ you have any symptoms of COVID-19 (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste) - request a test ASAP via 119 or <https://www.gov.uk/get-coronavirus-test>
- ✓ you've tested positive for COVID-19 – this means you have COVID-19
- ✓ you live with someone who has symptoms or tested positive
- ✓ someone in your support bubble has symptoms or tested positive
- ✓ you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app
- ✓ you arrive in the UK from a country with a high coronavirus risk – see [GOV.UK](https://www.gov.uk)

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HOW TO SELF-ISOLATE

How to self-isolate

You must not leave your home if you're self-isolating.

Don't

- ✓ do not go to work, school or public places – work from home if you can
- ✓ do not go on public transport or use taxis
- ✓ do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- ✓ do not have visitors in your home, including friends and family – except for people providing essential care
- ✓ do not go out to exercise – exercise at home or in your garden, if you have one

Support

- ✓ Merton Community Response Hub – 020 8685 2272 or help@mvsc.co.uk