

# Covid Guidance for Residents

## Stiùireadh Covid do Luchd-còmhnaidh



### Remember:

#### **FACE COVERINGS**

Face coverings in all indoor communal areas.



#### **AVOID CROWDS**

Avoid crowded places.



#### **CLEAN HANDS**

Clean your hands regularly with soap and use sanitiser provided.



#### **TWO METRES**

Two metre distance from others.



#### **SELF-ISOLATE**

Self isolate and book a test if you have symptoms.

### **Support for residents asked to self-isolate**

We can help you access food/pharmacy supplies and the self-isolation grant if you must self-isolate.

Please phone: **0300 303 1362**

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### **Financial help**

Contact our welfare specialists by FREEPHONE on:

**0800 090 1004** (9am – 5pm)

or by email to: [welfare.support@highland.gov.uk](mailto:welfare.support@highland.gov.uk)

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### **Support for residents who are shielding or are vulnerable**

If you're on the shielding list or you are vulnerable and need guidance or help, you can phone us on:

**0300 303 1362**

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### **Other contacts**

Out of hours, if emergency support is required call:

**01349 886691**

Other urgent Council business, phone our Service Centre on:

**01349 886602**

Or contact us online:

[www.bit.ly/ContactHighlandCouncil](http://www.bit.ly/ContactHighlandCouncil)

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### **Stay at home guidance**

You should only leave or remain outside your house for essential reasons like:

- Getting food or medicines
- Any medical need
- Exercise
- To provide support to a vulnerable person

### **Socialising**

- ✗ NO indoor socialising.
- ✓ A maximum of 2 people can meet outside their home.

### **Extended Households**

- ✓ People who live alone can meet with one other household only.