

# Changes to how things work since Covid19

“The new normal”

August 2020 written by Aeryn Holmes

## INTRODUCTION: WHAT IS THE NEW NORMAL?



Hello. My name is Aeryn and I am a student. I am working with Inclusion North so I can get some work experience.

Since Covid19 happened in March 2020, a lot of things have changed.

We must wear face masks, keep our distance from other people, and there have been lots of changes in how things work.

Here is some information about the changes.

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## WHAT DO I NEED TO KNOW ABOUT FACE MASKS?

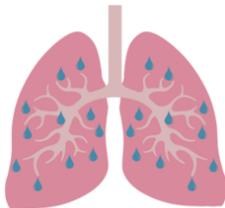
You now must wear a mask in shops or on public transport.



You do not need to wear a mask if you are a child, this is when you are under eleven years old.



If wearing a mask makes you very uncomfortable, you do not need to wear one. This could be because of a breathing problem.



If you have a disability that means you cannot wear a mask, you do not have to follow this rule. Please be careful when in public.



You also do not need to wear a mask if you are someone who supports someone needs to lip read.



If you do not know if you need to wear a mask, or you want to find a card for not wearing a mask you can:

- Speak to your doctor, family, or carer
- Call the Inclusion North office for information about the not wearing a mask card: 0113 2444792

## STAYING SAFE AND HEALTHY

The government has said a lot about staying safe and healthy. Here are a few important things to remember.



Always sanitising and washing your hands as much as you can, this means that you are protecting yourself and others if you have been near the Covid virus.



Yoga and exercise are fun to do. It can help you feel better and more relaxed.



You should not get close to many people who you do not live with, staying one to two metres apart is very important.



Learning new things to do is a good way to keep busy:

- Find a new hobby or skill
- Get in touch with a local self-advocacy group, some groups have lots of online activities

## HAIRDRESSERS AND BARBERS

There are a few things to remember when going to get your hair cut.



Your Barber or Hairdresser will wear a visor, this is to shield and protect them.



They may give you a disposable apron to stop the spread of the virus.

Disposable: something that is only used once before throwing away.



There may not be drinks or food given to you by your Barber or Hairdresser, you could be asked to bring your own.



Wait outside until it is time for your appointment.

Your Barber or Hairdresser may ask if they can check your temperature.



It is best to make your appointment before you go to the Barber or Hairdresser.

## MEETING UP WITH FRIENDS AND KEEPING IN CONTACT

Here are a few ways to talk to friends whilst staying safe.



Facebook and other social media are a great way to chat with family and friends.



You can meet up or stay overnight with people from your house and people from another house.



You can change which house of people you meet up with.

The important thing is that the people you live with, only meet up with people from one other house at once.



You can meet with up to 6 people who do not live together in an outside space.

This could be in a park, pub, or café

## ANNUAL HEALTHCHECKS AND DOCTORS APPOINTMENTS

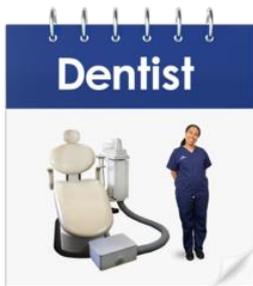
It is important that you call your doctor if you see any changes in your health.



It may be that your annual health check will need to be a video call with your doctor. This could be over the phone or on your computer.



You could telephone your doctors if you have any questions about your annual health check or anything else that is worrying you about your health.



When you go to the dentist, please know that they may be wearing a lot of protection. If it is treatment that might spread the virus, they may wear respirators.

Respirator: something that you wear that filters toxic things (Covid virus, dust).



At your appointments, you may be asked to wear a mask and be asked if they can take your temperature. This is just to keep everyone safe.

## GOING ON PUBLIC TRANSPORT

Here is some information on what you should do when getting on the bus, train, or taxi.



The government has set some rules.

One of them is that you must wear a face mask.

The information about face masks is on page two.

There may be some seats that have a sign saying you cannot sit in it.

This is so that people can keep their distance from one another.



It may be good to carry some hand sanitiser to clean your hands.

Only travel when you must and try not to travel when it is busy or when there may be a lot of traffic.

## EATING OUT AND GOING TO THE PUB

It is exciting that we can finally go out for food. There are still some changes that we need to follow.



Your server may ask for your name and phone number when you order you food or drinks.

This is so they know who has been there and when and can call you if there was someone there too with Covid19.

You may need to ring the restaurant before you go there, this is so they can have your table ready and so you arrive at the right time.

There may be one-way systems, where you need to go certain ways to make sure you stay away from other people in the restaurant, bar, or café.

If you are meeting a friend for coffee, you may be given disposable cups and plates, this is to stop the spread of the virus.

## SHOPPING

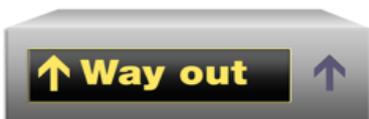
There have been a lot of changes made, even when it comes to shopping for your everyday things.



A lot of shops will ask for you to pay by a bank payment card, if you do not have one of these, you can use cash.



It may be best if you do not touch something unless you think you want to buy it.



There could be one-way systems, meaning you must follow the arrows that are usually on the floor.



You should wear face masks in shops if you are able to.

The information about face masks is on page two.



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