



A safer '5 days' with three households

If you're planning on mixing households for the five days at Christmas when restrictions are relaxed, try and do it in the safest way possible.

- ❄ **Do not mix with more than three households - and it should be the same three.**
- ❄ Try and reduce your contact with others in the 14 days prior to your '5 days' - try and isolate as much as possible during this period to reduce your chances of picking up the virus.
- ❄ Ensure all shared areas are well ventilated - keep windows open where possible.
- ❄ Try to maintain social distancing within the house.
- ❄ Try to avoid physical contact - like shaking hands or hugging.
- ❄ Ensure everyone continues to frequently and thoroughly wash their hands with soap and warm water - especially before eating, after arriving in the house and after any physical contact with others.
- ❄ Do not share items with others eg:
 - Towels
 - Cooking or eating utensils
 - Glasses or cups
 - Cooking pots, containers or dishes
- ❄ Try not to share bathrooms - allocate a bathroom to a specific household (where physically possible).
- ❄ Frequently and thoroughly disinfect shared areas eg. door handles, tables, units, cooking spaces, TV remote.
- ❄ Ensure anyone that is symptomatic for coronavirus (fever, new continuous cough, loss of taste or smell) **does not** attend and they should get a coronavirus test.
- ❄ Ensure anyone that becomes symptomatic during the '5 days' of household mixing goes into immediate isolation, gets a coronavirus test and does not mix with the rest of the households. They should ideally isolate in a separate room with access to a separate bathroom and wear a face covering when moving between the two areas. All three households should now also isolate until the results of the coronavirus test are known.

NB: Getting a coronavirus test before you start the '5 days' does not guarantee you are free of coronavirus, as the virus can take up to 14 days to show up on a test, so you may still be contagious. Coronavirus tests should still only be used if you are symptomatic.

- ❄ Why not consider a Christmas day or Boxing day walk with family and exchange presents outside?
- ❄ If the weather is nice try an outdoor picnic instead of an inside lunch.
- ❄ Plan a family social gathering in the spring once the vaccine has had an impact.

For more information contact us directly at publichealthslough@slough.gov.uk
