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Coronavirus update from Somerset County Council

All our help and information is now **available in a single place** on the SCC website <https://www.somerset.gov.uk/coronavirus/covid-19-latest-advice/>

This page is refreshed through the day so please check in regularly to keep across developments and news.

Public Health dashboard: Detailed Public Health information dashboards are available on our website www.somerset.gov.uk/coronavirus just scroll down to 'Covid-19 dashboard'. These are updated daily.

Top stories today:



Travelling to school safely

With schools returning to face to face learning from Monday 8 March, this guidance will help to make sure Somerset pupils can travel to and from school safely:

- If you live a short distance from your school or college, walk, cycle or scoot to and from school wherever it is possible and safe to do so

- Avoid sharing a car with anyone outside your household or support bubble
- If you are using public transport to get to school or college, plan ahead and allow more time for your journey
- When you are travelling by public or dedicated school transport, don't forget to:
- Wear a face covering (unless you are exempt, including if you are aged 11 and under). It is important you wear them for the entirety of your journey, including inside a bus or railway station
- Socially distance where possible
- Wash or sanitise your hands regularly
- Be considerate to fellow passengers and staff.

Further information can be found below.

[Read more >](#)



Advice for office-based businesses

You will have seen news coverage about outbreaks in factories, but we are also seeing outbreaks in office-based businesses such as accountants, solicitors and estate agents.

It's important to remember that working from home where you can is the best protection. If you do need to be in the office working with others, stick to the hands, face and space rules as much as possible, but be aware that even by following those rules, if there is someone in a poorly ventilated office who is asymptomatic or pre-symptomatic, they may very easily be able to pass the

virus onto others.

Spending several hours in an office with someone who is carrying the virus, even using face-coverings and two metre distancing, is a significant risk, as viral particles will build up in the air. That is why it is crucially important to ventilate the office, ideally continuously, but if not by regularly opening windows to freshen the air. So, make sure you dress warmly for work and **ventilate, ventilate, ventilate!**



Keep the fresh air flowing at home

It's important to keep your home well ventilated – and to make sure there's a fresh air flow in vehicles. Here are some tips:

Ventilation in your home:

- Opening windows and doors at home is the simplest way of improving ventilation for most people.
- Opening windows and doors at opposite sides of your room or home will provide a good flow of fresh air.
- If someone is self-isolating, keep a window slightly open in their room and keep the door closed to reduce the spread of contaminated air to other parts of the household.
- If you have people working in or visiting your home let as much fresh air into your home as possible without getting uncomfortably cold while they are there, and for a short period before they arrive and after they have left.
- Keep the temperature in the room you are in to at least 18°C as temperatures below this can affect your health, especially if you are 65 or older, or if you have a long-term health condition.

Ventilation in vehicles:

- Switch ventilation systems on while people are in the vehicle. Make sure you set to drawing fresh air in, not recirculating air.
- Windows can be opened (partially if it's cold).
- Heating can be left on to keep the vehicle warm.

Read more



Support for Somerset residents

Help is available for anyone in Somerset who may need additional support. The five councils in Somerset have been working together since the first lockdown to provide a single phone number for anyone in Somerset who needs Coronavirus-related support.

Residents are reminded they can call 0300 790 6275 if they need any help themselves or are concerned about relatives or neighbours. Lines are open seven days a week between 8am and 6pm.



Reduce the risks and follow advice

It's vital everyone acts to reduce their own risk, and the risk to others, from getting ill with coronavirus.

There's really important information available to help Somerset residents, businesses and visitors take all-important precautions.

Read more >



Send to a friend

These coronavirus bulletins are now available to anyone. Please send to a friend who would like to stay up to date with the latest developments. To sign up simply visit [Coronavirus updates \(somerset.gov.uk\)](https://www.somerset.gov.uk/coronavirus-updates)

Read more >

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