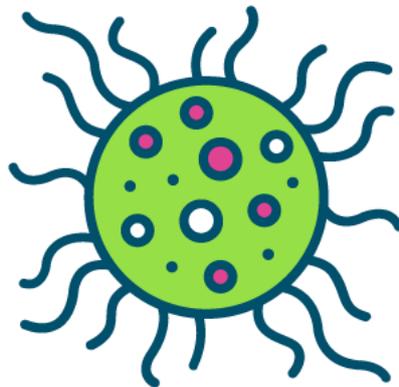


healthwatch

Stockton-on-Tees



Healthwatch Stockton-on-Tees

Round-up of lockdown latest news and Coronavirus guidance

As we ease out of lockdown, we have included a news round-up on the latest updates from the Government, some advice from the NHS and some good news stories from the local health and social care services.

Please share this with your friends and family, or better still, they can sign-up to receive these e-bulletins directly [here](#).

If you have any questions or are having any issues with local health and social care services, [contact us](#) - we are here to help!

- [Coronavirus outbreak FAQs - What you can and can't do after 4 July](#)
- [Face coverings now compulsory on public transport](#)
- [Updated guidance on shielding and protecting extremely vulnerable person - as of 23 June](#)
- [Places of worship open for individual prayer](#)
- [Communication tips for the general public with people who are deaf or have hearing loss](#)
- [NHS advice regarding masks and young children](#)
- [UK Coronavirus scams advice and guidance from Action Fraud](#)
- [Launch of new national NHS diabetes advice helpline](#)
- [Music aids wellbeing in care homes with future plans for Tees Valley](#)
- [On the go wellbeing support for dads across Tees Valley with new DadPad app](#)
- [Tees Valley GPs and patients welcome new digital ways of working](#)
- [Tees Valley cancer campaign tackles drop in urgent referrals](#)
- [New service across Teesside improves access to urgent eye care](#)
- [Free parking, 'sneeze screens', lane closures and signage as Stockton town centres are open for business](#)
- [Managing feelings about lockdown easing from MIND](#)



HM Government



HOW TO MAKE YOUR OWN FACE COVERING IN A MINUTE

YOU WILL NEED:

- 50cm x 50cm piece of cloth - a bandana will do
- Elastic bands or hair ties

1. Fold cloth in half



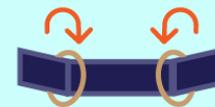
2. Fold top and bottom thirds into the centre



3. Place elastic bands or hair ties about 15cm apart



4. Fold sides into the middle and tuck



5. To wear face covering, stretch bands over ears and secure over your nose and mouth



STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

The [NHS](#) recommends wearing a face covering to protect others when visiting shops and confined spaces such as public transport. Here is some guidance on

how to make your own face covering or you can simply use a scarf.

[Click here for more advice from the Government on how to wear and make a cloth face covering](#)



Please get in touch with us if you have any queries or would like any further information or support.

Don't forget to visit our website for more information and if you have any social care or health queries, please contact us.

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Our Covid-19 Survey and Annual Report will be coming out soon so we can share our learning and tell you about our plans for this year. Watch this space!



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