CORONAVIRUS

DO YOU NEED TO SELF-ISOLATE AND NEED HELP?

It is likely that over the coming weeks some of us will need to self-isolate as a precautionary measure. If you have been diagnosed or told to isolate and you need help with essential shopping, collecting medicines or you need to chat to someone please contact us on the number below.

The parish council is helping to coordinate members of this parish who are prepared to support those who have been told to isolate themselves by staying indoors and who may need help. You are not alone if you need to self-isolate!

This is not an alternative to the NHS, emergency services or social services; it is simply neighbours and local residents looking after each other.

If you need help with essential shopping, medicine collections or need to chat then contact us:

> ## NEED HELP? CALL US: **07979 071 737**

CAN YOU HELP US BY PROVIDING SOME SUPPORT?

If you would be prepared to help your neighbours and other local residents with prescription collections, essential shopping or similar tasks please contact us so that we can increase the number of volunteers in the parish.

You will need to provide your name, address, telephone number and what you can do to help and we will do our best to coordinate volunteers and those in need.

> ## CAN YOU HELP? CALL US: **07979 071 737**

Alternatively, if you wish you can fill out the calling card on the following page and deliver it to any neighbours or local residents who you would be willing to help.

Public Health England has advised people who are self-isolating to do what they can to avoid visitors to their home. Any deliveries of groceries, medications or other shopping should be left at the door so please ensure that this advice is followed. Volunteers acting on behalf of the parish council will be covered by the parish council public liability insurance.

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Do you need help? Can you provide help?

This leaflet is being delivered to every household in the parish

We can all do simple things to help each other and ourselves in the coming weeks when some may have to self-isolate:

Avoid catching or spreading the disease:

- Wash your hands with soap and warm water often – for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth & nose with a tissue or sleeve (not hands) when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell
- Avoid touching your eyes, nose or mouth, especially if your hands are unclean

Symptoms of Coronavirus (Covid-19):
- A cough, high temperature or shortness of breath. These symptoms do not necessarily mean you have the illness as the symptoms are similar to the common cold and flu
- If you believe you might have been in close contact with someone who has been diagnosed with the disease, unless you are displaying any symptoms or you have been contacted by Public Health England directly, you do **not** need to do anything
- **If you have either a high temperature or a new continuous cough and you live on your own you should stay at home for 7 days; if you live with other people you should <u>all</u> stay at home for 14 days.** This will help to protect others in your community while you are infectious
- Do **not** go to a GP surgery, pharmacy or hospital without first calling 111
- You do **not** need to contact NHS 111 to tell them you're staying at home
- Testing will not take place for people who are self-isolating with mild symptoms

Helping others:
- Check on any vulnerable family, friends and neighbours; helping them with their shopping and checking they have everything they need can make a huge difference
- If you know someone who is self-isolating, contact them via phone, text, email or via social media and check that they're ok
- Public Health England has advised people who are self-isolating to do what they can to avoid visitors to their home and any deliveries of groceries, medications or other shopping should be left at the door

The most up-to-date advice (**it is changing daily**) for those who are experiencing a cough, fever, or shortness of breath can be found at www.nhs.uk/conditions/coronavirus-covid-19.

Thank you for all your support and please stay safe.

Julia Ford
Chair of West Lavington Parish Council
16th March 2020

CORONAVIRUS
Additional Useful Information

Information and guidance is changing on a daily basis so it is important to pay attention to news outlets, government messages and healthcare updates. The following is a selection of useful sources of information.

Useful websites:

- Stay at home advice at www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice
- Overview – what is it? www.nhs.uk/conditions/coronavirus-covid-19
- Number of COVID-19 cases in the UK, wiltshire.gov.uk/public-health-coronavirus
- Common questions and answers www.nhs.uk/conditions/coronavirus-covid-19/
- NHS 111 – information can be found at wiltshire.gov.uk/public-health-coronavirus
- This sort of incident could cause undue pressure and anxiety. The NHS Every Mind Matters website has some really simple useful tips and advice to support mental health www.nhs.uk/oneyou/everymindmatters

Useful telephone numbers:

- NHS 111 – only call **111** if you cannot get help online
- Education queries –phone the Department for Education on **0800 046 8687**
- Wiltshire Council – **0300 456 0100**

Social media

Social media is a valuable tool at a time like this but it can also contain misinformation and rumour. The following Twitter (www.twitter.com) accounts will be regularly posting out the latest factual advice and information related to the disease

- Public Health England – **@PHE_UK**
- Department of Health and Social Care – **@DHSCgovuk**
- Wiltshire Council – **@WiltsCouncil**
- NHS England – **@NHSEngland** The NHS advises to only trust NHS organisations on Twitter that are 'blue-tick verified'
- Wiltshire Police – **@wiltshirepolice**
- Dorset and Wiltshire Fire & Rescue Service – **@DWFireRescue**

Local radio is also a good and timely source of information especially for those without internet access.