

Coronavirus (COVID-19)

Stay at home if you have either:

a high temperature – you feel hot to touch on your chest or back
a new, continuous cough – this means you've started coughing repeatedly
Do not go to a GP surgery, pharmacy or hospital.
You do not need to contact 111 to tell them you're staying at home.
Testing for coronavirus is not needed if you're staying at home.

How long to stay at home

if you have symptoms, stay at home for 7 days
if you live with other people, they should stay at home for 14 days from the day the first person got symptoms
If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.
If you have to stay at home together, try to keep away from each other as much as possible.

Urgent advice: Use the NHS 111 online coronavirus service if:

you feel you cannot cope with your symptoms at home
your condition gets worse
your symptoms do not get better after 7 days
Use the 111 coronavirus service
Only call 111 if you cannot get help online.

How to avoid catching and spreading coronavirus (social distancing)

Everyone should do what they can to stop coronavirus spreading.
It is particularly important for people who:

are 70 or over	have a long-term condition
are pregnant	have a weakened immune system

Do

wash your hands with soap and water often – do this 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 and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
put used tissues in the bin immediately and wash your hands afterwards
avoid close contact with people who have symptoms of coronavirus
only travel on public transport if you need to. Work from home, if you can.
avoid social activities, such as going to pubs, restaurants, theatres and cinemas
avoid events with large groups of people
use phone, online services, or apps to contact your GP surgery or other NHS services

Don't

do not touch your eyes, nose or mouth if your hands are not clean
do not have visitors to your home, including friends and family

THIS ADVICE HAS BEEN COPIED DIRECTLY FROM THE NHS WEBSITE

The advice on the other side of this leaflet has been copied directly from the NHS website on the 17th March. This is the most up to date information we could obtain at the time of producing this leaflet.

On a more personal level this is what is happening in the village to help.

Wainhouse Stores are offering home deliveries for groceries. All you need to do is phone the shop on 01840 230554 with your order, which they will prepare for you. They will then ring you back to take your card payment over the phone and arrange delivery to you.

You can also use the Post Office services remotely from charging your electric key and phone card. Send post or parcels and arrange some payments, talk to the staff to see exactly what services they can offer you.

As you will see from your Journal some clubs and groups will probably be cancelled in the village hall, you need to contact the organisers directly for further advice.

In these troubling times, please, if you know of an elderly or infirm person just make the time to contact them and see if they need any help. It could just be that they would like a chat to pass the time, obviously you will have to be careful with contact, maybe phone them rather than go round. Or you could just shout at them over the gate!

Let's all keep safe and look out for each other. We came through the war, this will not defeat us!