

Calderbridge and Ponsonby Covid-19 Assistance

Working together to support each other.

Dear Neighbour,

Representatives from our Parish Council and community improvement teams are starting to put together an action plan on how, as a community, we can support each other through this challenging time. From initial discussions we believe that most people in Calderbridge and Ponsonby who may need some help are currently getting it from family, friends or neighbours. However we want to make sure we haven't missed anyone and unfortunately, as the situation worsens, the list of people isolating will grow and people may need the help of a volunteer because their current support network may also need to isolate.

Firstly, we are looking for volunteers to support the vulnerable and isolating residents. This support could be by arranging deliveries from local stores, picking up shopping or medication, a friendly phone call, posting mail, help topping up gas or electric or collecting urgent supplies. We will work out the simplest and safest way to do this as we go along, we will not put volunteers at risk or overload people. If you feel you could offer help in anyway please contact Bob Jones (01946841466), Tony McCully (01946841512), Scott Robertson (07903026168), Yvonne Tilson (01946841478) or Tyson Norman (01946841413). We have put together a "Whats App" group to help us share information quickly in our community, if you'd like to join please let Scott know.

Secondly, we want to hear from those that are isolating or feel vulnerable. Tell us what you need and how we can help. **We ask you to keep this letter as a reference.** So, if you need us now or in the future please get in touch on one of the numbers above. We can then put volunteers in touch with those in need so they can find out what help is required and how to provide it, If we can help we will.

We want nobody left isolated without support, if you can help even in a small way please get in touch so we can share any load which comes along.

On the back of this leaflet is some advice to help keep you safe.

COVID-19 (the new novel coronavirus) is a new illness that can affect your lungs and airways. Let's work to prevent the spread.

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

Stay at home for 7 days if you have:

- A high temperature: You feel hot to touch on your chest or back.
- A new, continuous cough – this means you've started coughing repeatedly.
- If someone in your home has a persistent cough or fever. Everyone living there must stay at home for 14 days.

DO NOT go to a GP surgery, pharmacy or hospital. Read the NHS advice about staying at home:
[nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)

HOW TO AVOID CATCHING OR SPREADING CORONAVIRUS

- Stay home where possible. Stop non-essential contact with others and non-essential travel.
- Wash your hands with soap and water often, for at least 20 seconds.
- Avoid touching common public surfaces such as metal or plastic.
- Use 60% alc. hand sanitiser gel if soap and water are unavailable
- 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.
- Try to avoid close contact with people who are unwell.
- Do not touch your eyes, nose or mouth if your hands are not clean.

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.
- **Only call 111 if you cannot get help online.**

HOW CORONAVIRUS IS SPREAD?

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food.

TREATMENT FOR CORONAVIRUS

There is currently no specific treatment for coronavirus. Treatments are being tested. The earliest a vaccine is likely to be available is 2021.

Use Paracetamol to help with lowering a fever. Avoid anti-inflammatory medication such as ibuprofen, as this may worsen the symptoms.

Antibiotics do not help, as they do not work against viruses.

SHOUT CRISIS TEXT LINE

NOT FOR MEDICAL ADVICE

For anyone struggling with their mental health in isolation or suffering from anxiety or worry. Please text SHOUT to 85258. Shout offer free 24/7 textline support for those feeling in crisis.

Even if you're self-isolating, you're not alone.

We washed our hands before delivering these.