

CORONA VIRUS – COVID-19

As we all know the Government plan to carry out a daily information giving session on the television and there are constant updates on the radio, TV, and social media. More stringent measures are to be expected.

Stay at home

- Only go outside for food, health reasons or essential work
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

If you want to find our information electronically please visit

<https://www.gov.uk/coronavirus>

for help including self-isolation, social distancing and shielding the vulnerable; employment and financial support; schools and education; businesses; travel

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

for guidance on protecting yourself and your family, particularly how to help those friends and family who are high risk. NHS in England is writing to all those at high risk by **29 March 2020**. Contact your GP if you have one of the conditions and you do not receive a letter

The Parish Council will endeavour to continue working as normal as possible over the coming months. We are given to understand at the time of writing that the Government is proposing emergency powers and that the **statutory meetings such as the Annual Parish Meeting and the Annual Meeting of the Council will be cancelled or deferred**. Alternative arrangements for the monthly Parish Council are also likely so please do keep an eye on the parish noticeboards at the crossroads and on the website. Contact the Clerk or one of the Parish Councillors.

How you can help

Protect yourself and others:

- 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
- do not touch your eyes, nose or mouth if your hands have not just been washed
- do not have visitors to your home, that includes friends and family

People self-isolating, high risk groups including those **over 70** regardless of medical fitness - please discuss your daily needs during this period of staying at home with carers, family, friends, neighbours or local community groups to see how they can support you.

Please visit [gov.uk/coronavirus-extremely-vulnerable](https://www.gov.uk/coronavirus-extremely-vulnerable) from **Tuesday 24 March 2020** to register for the support that you need. This includes help with food, shopping deliveries and additional care you might need.