

Covid19 Community Help in and around
North Leigh , New Yatt, East End & Wilcot

Are you unable or concerned about leaving your home because of Covid 19/Coronavirus? Do you need someone to run errands – do your shopping, cook food or pick up a prescription etc.? Or just someone to talk to if you're feeling isolated? We can help!

We are a group of residents in North Leigh who are coming together to help out in the community during a time where some people are experiencing difficulty in accessing what they need due to concern about getting ill. We would like to support the community that we live in and ensure that nobody is left isolated or without what they need. We **won't ask or demand anything of you in return**, we just believe in helping each-other in a time of difficulty.

If you would like to speak to us, or want to ask for help, please text or WhatsApp 07415205792. Email rickkeen@sky.com and we can talk about what we can do to support you.

If you would like to join us to help out with supporting the community, we can add you to the Facebook organising group to coordinate support. Please text 07415205792 to join the organising group

We are also posting regularly to our facebook page. Just type in the search "North Leigh community notice board "

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

Coronavirus safety advice

Here is some advice from doctors and health experts on how to reduce the risk of catching coronavirus, and how to deal with it if you or someone you know has it.

How can I prepare?

- Make sure you have enough paracetamol, aspirin, lemsip, or other medicine in your home in case you aren't able to go out for a week or two.
- Have a back-up supply of cleaning products that you can use to disinfect your home.
- Keep a small stockpile of food so that you and the people in your home won't go hungry if you have to self-isolate.
- Arrange with someone you know who lives nearby to look after each other in case one of you gets sick.

•

What should I do to keep my home safe?

- Clean surfaces, light switches, door handles, and taps at least once a day with household detergent.
- Wash your hands as soon as you arrive home, and make sure people who visit you do the same. Also wash hands before eating, after using a tissue, after using the toilet, and if you need to touch another person.
- Try to keep gatherings of people to a minimum - this might mean cancelling a birthday party, Sunday lunch, or other occasions where you would usually be in a room with other people.

What should I do when I'm out and about?

- If you feel even mildly ill, or have been in contact recently with someone else who has become ill, avoid leaving the house, or going to public places.
- Keep a distance of at least a metre from other people in public.
- Always use a tissue to cover your mouth/nose when coughing.
- Avoid shaking hands, hugging, kissing, or bodily contact with other people.

What should I do if I start to feel ill?

- Stay at home: avoid work, pubs, cinemas, gyms or other public places where large groups of people gather.
- Maintain social distance - avoid coming closer than two metres or so from other people.
- Self-isolate. This means staying in a separate room from other people, and avoiding any direct contact with them wherever possible.
- If possible, use a separate bathroom to the other people in your home, and disinfect it with a bleach based cleaning product every day.

•If your symptoms get worse, or you start to feel difficulty breathing, contact a doctor.

All of these suggestions work: we can help limit the impact of coronavirus if we act now and act together!