Does your neighbour need your help?

With the Covid-19 virus affecting people across the country, your neighbour may need your help if they become unwell.

Can you help your neighbour by:

✔ Making sure they have enough food and other general supplies to cover a few days - **there is no need to panic buy though**

✔ Making sure they have some simple recipes to hand, if they are not the normal chef or have done some batch cooking for the freezer

✔ Walking their dog, picking up a prescription, putting out their bins or taking in a parcel

✔ Phoning, Skyping of facetiming them so they can see a friendly face, helping to reduce their isolation

✔ Sharing child care or other caring responsibilities

✔ Checking if any of their planned appointments have been cancelled before they travel

For more info visit **www.nhs.uk**

How to avoid catching or spreading coronavirus

- 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

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- New continuous cough and/or

- High temperature