

Halberton Parish Council

CORONAVIRUS

ADVICE

The latest advice on coronavirus, precautionary measures, what to do if you get symptoms and guidance for self isolating can be found on the websites below which are regularly updated:

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

<https://www.middevon.gov.uk/residents/coronavirus-advice/>

<https://www.devon.gov.uk/document/coronavirus-advice-in-devon/>

If you are an employer and need advice:

<https://www.hse.gov.uk/news/coronavirus.htm>

IF YOU NEED HELP

If you are self isolating and need help with getting shopping, prescriptions or just need a call to have a chat, then the parish council is helping to co-ordinate volunteers. You can contact community-help@halberton.org or your local parish councillor:

Ian Batchelor	ian@halberton.org	01884 32107
George Birch	george@halberton.org	01884 855227
Ken Browse	ken@halberton.org	07976 385508
Carol Graham	carol@halberton.org	01884 820175
Rob Saunders	bob@halberton.org	01884 32507
Septimus Waugh	septimus@halberton.org	07398 793616

If you are concerned about an elderly or vulnerable neighbour and are unable to contact them yourselves, then you may also contact the parish council for assistance.

VOLUNTEERS

If you are well, not self isolating and showing no symptoms and are able to offer help to a neighbour please contact one of the parish councillors above.

MORE INFORMATION

If you would like to sign up to regular coronavirus email updates from the parish council please email: community-help@halberton.org

Advice from the NHS (valid 16 March 2020)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Stay at home if you have coronavirus symptoms

Stay at home for 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.

See latest NHS advice for how long you should stay at home.

Contact 111 if

- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after 7 days

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
- Try to avoid close contact with people who are unwell

DO NOT touch your eyes, nose or mouth if your hands are not clean