

POLLINGTON PARISH COUNCIL

CORONAVIRUS

The Parish Council would ask that residents who are able to, make sure especially vulnerable neighbours are not neglected during the current situation.

Getting touch by phone or social media or perhaps a note through the letter box something like:

HELLO! If you are self-isolating. I can help.

My name is

I live at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping. Posting mail.

A friendly phone call. Urgent supplies.

Just call or text me and I will do my best to help you (for free).

Coronavirus is contagious. Please take every precaution to ensure you are only spreading kindness. Avoid physical contact (2m distance).

Wash your hands regularly. Items should be left on your doorstep.

Please keep updated as the Government take measures to deal with the situation.

Further information is available on [gov.uk/coronavirus](https://www.gov.uk/coronavirus) and [nhs.uk](https://www.nhs.uk).

Like the common cold, coronavirus infection usually occurs through close contact with a person with novel coronavirus via cough and sneezes or hand contact. A person can also be infected by touching contaminated surfaces if they do not wash their hands.

There is currently no specific treatment for coronavirus.

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

Treatment aims to relieve the symptoms while your body fights the illness.

You'll need to stay in isolation, away from other people, until you have recovered.

You can find the latest information and advice from Public Health England at

www.gov.uk/coronavirus