

CORONAVIRUS

BURWASH PARISH COUNCIL

ARE YOU IN NEED OF HELP?

Clerk: Sylvie Franklin Telephone: 07943 848430

Email: parishclerk@burwashpc.org.uk

Your Parish Council and other local organisations are putting together a list of persons in need of help.

We will then be able to offer co-ordinated assistance to those in need, either through illness or due to self-isolating or government advised containment.

If you need help or are vulnerable, please either telephone or email. Please have or send the following information:

Full name, address, telephone number(s) email address if you have one, tell us if you are unwell & self-isolating or staying indoors due to govt. advice.

Tell us how many other people are in your household and their situation(s).

Contact details for a close family member could also be helpful.

OR ARE YOU ABLE TO OFFER HELP?

If you are able to help please tell us your full name, address, phone number(s) email address and what services you could potentially offer.

We hope to be able to offer help with shopping, collecting medicines, regular contact by telephone and other essentials.

Please also let us know if you know of someone who may need help because of illness or self-isolation. If you are already looking after the needs of someone self-isolating then please let us know as we may be advised of their needs by someone else, we can then update records accordingly.

For regular updates on what is happening in Burwash, you can subscribe to the Burwash E-Bulletin –

<https://burwashparish.org.uk/sign-up-now-for-the-new-e-bulletin/>

Please avoid direct contact between helpers & those receiving assistance, items should be left on doorsteps at pre-arranged times.

Do not handover any money until you have had confirmation from the Council as to whom is helping you and they have identified themselves(s). You will each have a pre-arranged safe word.

Never give anyone your bank details, bank card(s) chequebook or PIN number(s)

Advice from the NHS & Government

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 14 days if you have either:

- A high temperature, you feel hot to touch on your chest or back
- A new continuous cough, this means you are 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.

Use the NHS 111 online coronavirus service if:

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

Only call 111 if you cannot get help online.

How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

How to avoid catching or spreading coronavirus

Don't

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

Do

WASH YOUR HANDS

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

Keep a minimum of 2 metres between yourself and other people.

Treatment for coronavirus

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.