

COVID-19 MUTUAL AID UK

Bawdsey Parish Council & Emergency Planning Working Together To Support Bawdsey

Dear neighbour,

COVID-19 (the new novel coronavirus) IS A NEW ILLNESS THAT CAN AFFECT YOUR LUNGS AND AIRWAYS

Are you unable to leave your home because you are self-isolating or shielding? We're here for you.

Bawdsey Parish Council and Emergency Planning have come together during a time where some people are finding it hard to access the help they need.

We want to support the community that we live in and ensure that nobody is left isolated or without support. We don't ask for anything in return, we just believe in helping each other in a time of difficulty.

We are your local neighbours and not a professional body. We can only offer help within reason, and in ways we can also stay safe. If you need medical advice, use the NHS 111 online coronavirus service at **www.111.nhs.uk/covid-19**, or if you have no internet access, call NHS 111 from your phone. In a medical emergency, dial 999.

NEED SUPPORT OR CAN YOU GIVE SUPPORT?

If you need us, or can offer your help,
please call, text or email:
07851 211230

rob@bawdseyemergencyplanning.co.uk



ARRANGING
DELIVERIES



PICKING UP
SHOPPING &
MEDICATION



A FRIENDLY
PHONE CALL



POSTING
MAIL



URGENT
SUPPLIES



HELP TOPPING
UP ELECTRIC
OR GAS KEY

PLEASE KEEP THIS LEAFLET HANDY

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

LET'S WORK TO PREVENT THE SPREAD

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

Stay at home for 7 days if you have:

- A high temperature: You feel hot to touch on your chest or back.
- A new, continuous cough – this means you've started coughing repeatedly.
- If someone in your home has a persistent cough or fever. Everyone living there must stay at home for 14 days.

DO NOT go to a GP surgery, pharmacy or hospital. Read the NHS advice about staying at home:

www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice

HOW TO AVOID CATCHING OR SPREADING CORONAVIRUS

- Stay home where possible. Stop non-essential contact with others and all non-essential travel.
- Wash your hands with soap and water often, for at least 20 seconds.
- Avoid touching common public surfaces such as metal or plastic.
- Use 60% alc. hand sanitiser gel if soap and water are unavailable
- 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.

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.

TREATMENT FOR CORONAVIRUS

There is currently no specific treatment for coronavirus. Treatments are being tested. The earliest a vaccine is likely to be available is 2021. **Use Paracetamol to help with lowering a fever.** Avoid anti-inflammatory medication such as ibuprofen, as this may worsen the symptoms. Antibiotics do not help, as they do not work against viruses.

SHOUT CRISIS TEXT LINE *NOT FOR MEDICAL ADVICE*

For anyone struggling with their mental health in isolation or suffering from anxiety or worry. Please text **SHOUT** to **85258**. Shout offer free 24/7 textline support for those feeling in crisis in the UK

Even if you're self-isolating, you're not alone.

We washed our hands before delivering these.