

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:

- ✓ Walking their dog, picking up a prescription, putting out their bins or taking in a parcel
- ✓ Phoning, Skyping or facetimeing 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
- ✓ 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
- ✓ Making sure they have enough food and other general supplies to cover a few days - **there is no need to panic buy though**

How to avoid catching or spreading coronavirus



Stay at least 2 metres (about 3 steps) away from other people in your home, if possible



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 straight away 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

What to do if you think you might have coronavirus

If you think you might have coronavirus or you've been in close contact with someone who has it:

- ✓ Stay at home and avoid close contact with other people
- ✗ Do not go to a GP surgery, pharmacy or hospital
- ✓ Use the NHS 111 online coronavirus service to find out what to do next

Symptoms

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

- New continuous cough and/or
- High temperature