

# Coronavirus (Covid 19) and Stock Village; Practical Help and Contact

Stock Parish Council want to make sure that the village gets through the challenges posed by **Covid 19** by working together and ensuring the most vulnerable residents are supported.

We reiterate the latest advice from the NHS as at March 14th but please note this is constantly being updated, so listen for bulletins or check **NHS 111 online**.

## Advice for when to stay at home:

Stay at home for 7 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've started coughing repeatedly

**Do NOT go to a GP surgery, pharmacy or hospital.**

**Tips for staying at home as It's important to stay at home to stop coronavirus spreading.**

## DO

- Try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- Ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
- Sleep alone if possible
- Regularly wash your hands with soap and warm water for at least 20 seconds
- Try to stay away from older people and those with long-term health conditions
- Drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

## DONT

- Do not have visitors (ask people to leave deliveries outside)
- Do not leave the house, for example to go for a walk, to school or public places

## Urgent advice: 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**

## Practical help if you are ill and/or have any concerns regarding social isolation

If you would like help with picking up shopping, a friendly phone call, urgent supplies, or pet care, please contact the following Parish Councillors by phone, text or email

**Maggie O'Connor - 07788633756 [maggie@stock-pc.gov.uk](mailto:maggie@stock-pc.gov.uk)**

**Sophie Porter – 07731 107327**

**Janet Walter - 07941366234**

