

Pinewood Parish Council

Special Newsletter

March 2020

Dear Residents,

We all know we are living in difficult and uncertain times and as cases of Coronavirus increase, our ability to move around and have social interaction decreases.

All activities at Pinewood Community Hall had already been cancelled and following advice from NALC, the organisation for local councils, meetings of Pinewood Parish Council have also been cancelled for the time being. Councillors will do their best to keep urgent parish business going, although it will now be done remotely.

As many of you know the Pinewood Surgery has had to make new arrangements in order to keep patients and staff as safe as possible. There is now a new message to listen to if you ring the surgery which gives very clear advice as what to do regarding visits to the surgery and new arrangements for prescriptions.

It is important that we all follow government and health expert's advice to keep ourselves, others and importantly, health workers safe. We all have our part to play to do the right thing. It is clear that in order to protect everyone by slowing down the transmission of this virus we have no choice but to stay at home unless engaged in the activities listed by the Prime Minister last night. However please keep an eye out for elderly or vulnerable neighbours. Social distancing does not mean that we cannot make phone calls we can keep in contact with friends and families by many ways such as Skype, Facetime, Twitter, Instagram along with Social Media.

New Social Distancing Measures:

1. Only shop for basic necessities e.g. Food and medicine as infrequently as possible.
2. Take one form of exercise a day e.g. Walk, run, cycle alone or with a household member.
3. Only go out for medical needs or to give care or help to a vulnerable person.
4. Travelling to and from work should only be if absolutely necessary and if work cannot be done at home.

Having to stay at home to self-isolate could be in itself difficult to cope with. There are a number of websites you can consult which are detailed below.

Useful websites you may wish to consult.

NHS:

<https://111.nhs.uk/covid-19>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Stay at home advice:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Employment and financial support:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

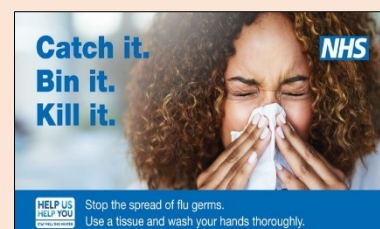
New advice for chronic disease self-care:

www.asthma.org.uk/advice/triggers/

www.nhs.uk/conditions/diabetes/

Mental Health Support:

<https://mentalhealth.org.uk/coronavirus>



If you feel you can offer help and wish to volunteer follow link:

<https://www.goodsamapp.org/NHS>

Helpful information Taken From NHS Web Site on Corona Virus

Go to the following link for a more indepth information

www.nhs.uk/conditions/coronavirus-covid-19/

Stay at home if you have either:

a high temperature – this means you feel hot to touch on your chest or back

a new, continuous cough – this means coughing a lot for more than an hour (it may be worse than usual)

Do not go to a GP surgery, pharmacy or hospital.

Use the 111 online coronavirus service to find out what to do.

<https://111.nhs.uk/covid-19/>

Information: Only call 111 if you cannot get help online.

How long to stay at home

*if you have symptoms of coronavirus, you'll need to stay at home for **7 days**

*if you live with someone who has symptoms, you'll need to stay at home for **14 days** from the day the first person in the home started having symptoms.

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

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

How to avoid catching and spreading coronavirus (social distancing)

Everyone should do what they can to stop coronavirus spreading.

It is particularly important for people who:

- *are 70 or over
- *have a long-term condition
- *are pregnant
- *have a weakened immune system



Do

- *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 immediately and wash your hands afterwards.
- *avoid close contact with people who have symptoms of coronavirus.
- *only travel on public transport if you need to.
- *work from home, if you can.
- *avoid social activities, such as going to pubs, restaurants, theatres and cinemas.
- *avoid events with large groups of people which are now banned in your own and friends home as well.
- *use online services via the link below:

<https://www.nhs.uk/using-the-nhs/nhs-services/gps/gp-online-services/>

Don't

- *do not touch your eyes, nose or mouth if your hands are not clean.
- *do not have visitors to your home, including friends and family.

If you're at high risk

The NHS will contact you from Monday 23 March 2020 if you are at particularly high risk of getting seriously ill with coronavirus. You'll be given specific advice about what to do.

Do not contact your GP or healthcare team at this stage – wait to be contacted.

Who is at risk? 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 stick together, by staying apart



Stay at home
no unnecessary journeys
or social contact



Only leave home for
essential shopping
or **medical needs**



Or **one form of exercise**
per day



Or **travelling to work** if
absolutely necessary



Public gatherings of
more than two people are banned -
excluding people you live with



Police can fine you
if you don't follow the rules