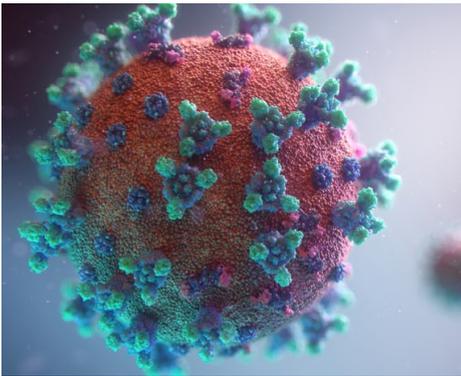


THE LYMINGE ^{EXTRA} NEWSLETTER

Emergency Information Sheet

From **Lyminge Parish Council** in co-operation with
Lyminge and Etchinghill Residents' Associations



This emergency Newsletter has been prepared in the light of the rapidly changing situation in relation to the corona-virus pandemic. Mainly the elderly and those with underlying health problems and pregnant women have been identified as the most vulnerable.

Many older people in the vulnerable category within our community do not use the Internet nor do they have a mobile phone or know how to use social media. As a result, they may feel isolated, particularly if they are on their own or whose family members live some distance away. In order to circumvent this problem, this sheet has been compiled to give easy access via phone numbers, not only for help and support, but to encourage the fit-and-able to volunteer their support.

For each person in the community to consider:

Q. What should I do to safeguard myself and my family?

A. Act in accordance with government guidelines – the situation is fast-changing and must be taken seriously.

Q. I don't feel well, can I visit my surgery?

A. On no account should you visit the surgery. Use telephone, on-line services, or apps to contact your GP surgery or other NHS services.

Other possible scenarios:

Q. I am over 55 and come within the category of being most at risk

A. AgeUK offer hot lunch delivered, with sandwich and cake for tea plus cereal for next morning. This is open to new as well as existing clients – ring **AgeUK 01303 269602** or the parish council number **07715 221 705** and a parish councillor will redirect your call.



Q. I am well and not in a high risk category. What can I do to help?

A. Check on your neighbours regardless of their age. If they are self isolating (perhaps due to a health issue with a family member) telephone/email/put note through the door to determine their needs. [If you don't know them and/or they don't know you, identify yourself as e.g. "Your neighbour who lives over the road at the house with the green door." Be prepared to show identification if they are nervous of accepting help from someone unknown.



A. Volunteer to help at AgeUK. If the service they are offering is overwhelmed, they will need extra help; so ring **01303 269602** or email **COVID-19@ageukhl.org.uk**.

Q. I have an on-line grocery shop slot booked within the coming week, and don't want to over shop.

A. Ring friends and neighbours to see if they need anything which you can add to your shop.

Q. I cannot get to the shops and pharmacy to get essential items

A. Ring local businesses who may be able to deliver. The Coach and Horses **01303 862694** and The Gatekeeper **01303 864345** may be able to offer a takeaway service in addition to the existing takeaway businesses in the area. Or ring the parish council number **07715221705** and a parish councillor will try to arrange for a volunteer near you to bring shopping to you.



Health Notes related to Coronavirus Infection:

Stay at home if you have coronavirus symptoms

- 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.**
- 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.

How long to stay at home

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got 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.

Read our advice about staying at home.

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

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
- are pregnant
- have a long-term condition
- 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 when you get 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
- use phone, online services, or apps to contact your GP surgery or other NHS 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

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.