

# “Signposts”

## Coronavirus or COVID-19

Dear Resident, this is the **FIRST** of a series of bulletins designed to keep you advised during these difficult times

**It is being coordinated by the Parish Council, the Church and the Friends of Fladbury.**

**Coronavirus or COVID-19** – they mean the same - is going to be with us for some time and it is important that we all do our best to support each other, limit the spread of the virus and protect the more vulnerable in our community.

We want to be your **SIGNPOST** to more information, advice and help. We can't have all the answers but perhaps we can point you in the right direction and help you get what you need.

### **CONTACTS**

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**Reverend Sarah Dangerfield**      **861669**  
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Coronavirus or COVID-9 is a new illness that can affect your lungs and airways. The main symptoms are:-

- **A high temperature** – this means you feel hot to touch on your chest or back – you do not need a thermometer to measure this but if you have one, your normal body temperature is about 37 degrees centigrade or 98.6 degrees fahrenheit.
- **A new, continuous cough** – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual.
- If you have these symptoms, do **NOT** go to a GP surgery, pharmacy or hospital. Use the 111 on line service to find out what to do. Only call 111 if you cannot get help on line.
- If you have the symptoms, you'll need to stay at home for 7 days.
- If you live with someone who has the symptoms, you will need to stay at home for 14 days from the day the first person in the household had the symptoms.

You are more vulnerable if you are over 70, have a long-term condition, are pregnant or have a weakened immune system.

## ***Please do NOT panic buy!***

Please be sensible and reasonable. Buy what you need and then there will be enough to go around. Think of those on limited budgets or those who can't get to the shops as often. When they do go, it would be nice for them to see some of the essentials still available on the shelves.

Think of the NHS nurse who after a long day looking after us went to the supermarket only to find the shelves stripped – she was distraught and in tears.

One person admitted that she had bought 24 tins of baked beans and she doesn't even like them.

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## ***Being a Good Neighbour***

Now more than ever is the time for us to be good neighbours and look after those who might need a bit more support. The Friends of Fladbury have coordinated a number of volunteers to deliver contact details to a number of households offering to provide help and support – if you have not received one and would like to know more, please let us know.

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## ***Stop the Spread***

We must all play our part in helping to stop the spread of this virus. There are simple things we can **all** do to achieve.

Now that all pubs, clubs, restaurants etc are closed, this means the Chequers, the Anchor and the Social Club are no longer open for business **although the Chequers is doing takeaway food**. Nevertheless, to prevent the spread of this disease avoid social gatherings and please practice social distancing and

- **only travel on public transport if you need to**
  - **work from home, if you can**
  - **wash your hands with soap and water or sanitiser**
  - **cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze**
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[www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

[www.wychavon.gov.uk/coronavirus](http://www.wychavon.gov.uk/coronavirus)