



CORONA VIRUS (COVID-19) – HOW CAN WE HELP?

Following official guidance and taking care of ourselves during this difficult time is sometimes easier said than done; if you live alone, are elderly, infirm, suffering from underlying health issues or without close family or neighbourly support, then should you fall ill and/or need to self-isolate, it is important that you know where and to whom you can turn for help and support should you need it.

If good neighbourliness is practised then there should not be anyone who is left alone to cope without support - it does no harm to remind us all to look out for our neighbours and to extend the hand of friendship to the more vulnerable among us.

Our Rector, Rev'd William Prescott, has offered to act as HUB coordinator to receive calls from those in need and to pass the detail on to volunteers to enable them to make contact with whoever is in need of support; villagers are already rallying around each other but we need others within the community, particularly the younger more able ones who do not need to self-isolate, to consider coming forward to join us in providing a safety net of support for our fellow villagers.

The support is NOT intended to replace that which can and should be met by family members or is already being met by good neighbours and will not be difficult to provide; it is likely to include:

- Where safe, checking (at the door, through a window etc) on those who live alone, those who may be housebound or self-isolating, to check that they are OK and not in need of anything,
- Making an occasional telephone call to those living alone/self-isolating to check that they are OK and to let them know that they have not been forgotten,
- Carrying out an occasional shopping trip, going to the Library, Pharmacy etc for those unable to leave their home and/or access help from another source such as family members or neighbours,
- Ensuring that others (within the HUB and neighbours) are aware of who is in need of support.

This is not a burdensome commitment, particularly when it is carried out for our family, friends, neighbours and fellow residents of Otterbourne. If you would like to help in any way and have your detail added to our "Taskforce" then please get in touch: cllrkevinstaffordpc@gmail.com or call on 07716 400277 to let us know how you can help and we will then match you with someone in need of assistance. Your detail will be handled in accordance with GDPR and deleted as soon as the Coronavirus issue is over or should you ask for it to be removed, whichever comes soonest. Overleaf are some thoughts for individuals to turn to should they wish further advice.

Cllr Kevin Stafford
Chairman OPC

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The official Government advice is updated daily; stay abreast of the advice by listening to the news, either on TV or via the Radio and by reading the newspapers. If you have computer access, look at the Government and NHS websites for up to date information.

There is a six-step guide to follow if you are worried:

- First, look for advice online by visiting 111.nhs.uk
- Do NOT rush to your GP, pharmacy or hospital A&E,
- If you need to self-isolate' you DON'T need to call NHS 111 to tell them,
- Stay at home for 7 days if you have a high temperature and/or a recent continuous cough,
- Only call NHS 111 if your condition worsens or your symptoms do not get better AFTER 7 days,
- NHS 111 will then give you advice on what to do next.

The symptoms of coronavirus are easily mistaken and the following chart is a useful tool:

SYMPTOMS	CORONAVIRUS	COLD	FLU
HEADACHES	Sometimes	Rare	Common
FEVER	Common	Rare	Common
FATIGUE	Sometimes	Sometimes	Common
SNEEZING	No	Common	No
RUNNY OR STUFFY NOSE	Rare	Common	Sometimes
SHORTNESS OF BREATH	Sometimes	No	No
SORE THROAT	Rare	Common	Sometimes
COUGH	Common (usually dry)	Mild	Common (usually dry)
ACHES AND PAINS	Sometimes	Common	Common
DIARRHOEA	Rare	No	Sometimes for children

If you do need to self-isolate then:

- Avoid direct human contact and make use of social media, telephone etc,
- Move around as much as possible. If you have a garden, get fresh air regularly but do NOT leave your property,
- Drink plenty of water and take paracetamol to help alleviate the symptoms, ensure that you do so in accordance with any medical advice received previously from your GP or Hospital,
- Plan what you need – food, medications etc. Sign up to online delivery services where possible and if necessary engage the village HUB to assist you in obtaining whatever you need,
- Keep busy with activities,
- Keep your distance from others who may be living with you. Sleep alone, use separate linens/towels etc but if you can't, clean them thoroughly after use.

Don't be afraid to ask family members, neighbours and friends for support however, if you find yourself, or someone you know, in need of help and assistance from within the village HUB, please contact:

Reverend William Prescott 01962 714551
(visit the Church website at www.chobenefice.co.uk)

rector@chobenefice.co.uk

Councillor Kevin Stafford

07716 400277

cllrkevinstaffordopc@gmail.com