

**Many events in this Bugle may be cancelled due to Coronavirus. This is a rapidly changing situation. Keep up to date with current advice from the Government.**

Official Government Advice as of 14<sup>th</sup> March 2020 is to  
**Stay at home if you have coronavirus symptoms**

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.

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.

Only call 111 if you feel you cannot cope with your symptoms, your condition gets worse or your symptoms do not get better after 7 days

**Only call 111 if you cannot get help online**

### **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 avoid catching or spreading coronavirus**

#### **DO**

- wash your hands with soap & water often – 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 after
- try to avoid close contact with people who are unwell

#### **DONT**

- do not touch your eyes, nose or mouth if your hands are not clean

This Information taken from nhs.uk on 14<sup>th</sup> March 2020 ~

**Keep up to date with current Government advice on nhs.uk or gov.uk**

# **Bucklesham Coronavirus Support Network**

Hello Fellow Village Dwellers,

Some of us are developing a network of local support to help the village through this current health crisis. While we are fit and well, we would like to offer support to villagers who are self-isolating or unwell by:

- 1.Picking up essential groceries or other items (which will be left on the doorstep)
2. Collecting drugs/medicines
- 3.Dog walking
- 4.Posting mail
- 5.Friendly phone calls

We hope that besides our small band, other villagers will also volunteer to be involved. Please contact the following for help or to offer to volunteer. We will also follow Government advice as it becomes available.

## **Co-ordinators**

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### **Jackie Brunning** (dog walking co-ordinator)

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