

Advice for everyone

Stay at home to stop coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for very limited purposes:

* **shopping for basic necessities**, for example food and medicine, which must be as infrequent as possible

* **one form of exercise a day**, for example a run, walk, or cycle – alone or with members of your household

* **any medical need**, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person

* **travelling for work purposes**, but only where you cannot work from home

Important

These reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

Stay Connected

www.wychboldcs.co.uk - contains details of the foodbank, food delivery companies, and other support available

[facebook.com](https://www.facebook.com/wychboldcs) - look for the group - Wychbold self isolate help

twitter.com/wychboldcs

[instagram.com/wychboldcs](https://www.instagram.com/wychboldcs)

Here2help Worcestershire

<http://www.worcestershire.gov.uk/here2help>

- lots of useful information and resources

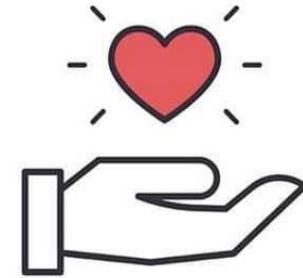


Mental well being

Mind – www.mind.org.uk
or call 0300 123 3393

Samaritans – 116 123

Support line – www.supportline.org.uk or
call 01708 765200



WYCHBOLD COMMUNITY SUPPORT



Contact

Email – info@wychboldcs.co.uk

Phone – 01527 368160

One of our team will connect you to the service

Symptoms of coronavirus (COVID-19)

The main symptoms of coronavirus are:

-a **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

a new, continuous **cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have these symptoms. Stay at home.

NHS 111

Go [online to nhs.uk](https://www.nhs.uk) (for assessment of people aged 5 and over only).

Call 111 for free from a landline or mobile phone.

When should you wash your hands?

You should wash your hands:

- after using the toilet or changing a nappy
 - before and after handling raw foods like meat and vegetables
 - before eating or handling food
 - after blowing your nose, sneezing or coughing
 - before and after treating a cut or wound
 - after touching animals, including pets, their food and after cleaning their cages
- Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.

It can help stop people picking up infections and spreading them to others.

It can also help stop spreading infections when you're visiting someone in hospital or another healthcare setting.

Mental Health and Wellbeing

NHS psychologists have warned it is “more likely” that people will suffer mental health problems during the coronavirus lockdown.

8 ways in which people can look after themselves and others around them:

- Remember it is normal to feel sad, stressed, confused, scared or angry during a crisis.
- Maintain a healthy lifestyle as far as you can, including diet, sleep and exercise.
- Don't smoke, drink or use drugs to deal with your emotions.
- Keep connected to people by phone, email and social media.
- Be kind to others and to yourself.
- Use skills you already have, and have used in the past, to deal with stress.
- Limit worry by watching or listening to media coverage less.
- Structure your day with things that you can realistically achieve.