



KNOWLE WEST ALLIANCE

rooted in the community; growing for the future

HELLO Neighbour! If you are self-isolating because of Coronavirus I'd like to offer my help

My name is.....

I live locally at

My phone number is

I've ticked suggestions of things I could do to help – give me a call if any of those are useful or you'd like a chat:

Checking in on you with a phone call Getting urgent supplies

Picking up shopping for you Posting letters

Ordering food online

Just call or text me and I'll do my best to help you. #KWspreadingkindness

If you are helping others or accepting help; please take precautions to protect yourself from catching or spreading the virus:

- Follow the NHS 'dos' and 'don'ts' (on the other side of this sheet)
- Wash your hands regularly for at least 20 seconds
- Practice 'social distancing' – such as maintaining a distance of around 2 metres from others
- Leave shopping or food packages on the doorstep – knock or notify the person who is self-isolating that you've brought them, but leave before they open the door

Helpers: Please be mindful of the fact that you would be giving your phone number out to someone you may not know. Please also make sure you respect and protect the privacy of anyone you help – especially people who might be vulnerable, such as those who live alone or older people. For example, please don't share anyone's person details (such as their name, address or the things they need help with) with others or post it on social media. Even though many people may want to help, there may be others who could take advantage of knowing this information.

Please be assured that local partner organisations are working together to see how we can serve our local community and looking at how we can safely support one another at this time. You can keep up to date with local initiatives/responses on Facebook @KWAlliance and as ever on www.knowlewest.co.uk

Health Advice

*“COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.”
(NHS website)*

The NHS website explains the symptoms of coronavirus, how it's spread, and things you can do to avoid catching or spreading it. It also contains 'stay at home' guidance for people with confirmed or possible coronavirus (COVID-19) infection – sometimes referred to as 'self isolation.'

www.nhs.uk/conditions/coronavirus-covid-19

The NHS is asking people to stay at home if they or anyone else in their house has symptoms of coronavirus: either 1. a high temperature – you feel hot to touch on your chest or back OR a new, continuous cough – this means you've started coughing repeatedly

How long to stay at home (government advice 17th March)

- 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.

To protect yourself and others, if you have these symptoms do NOT go to a GP surgery, pharmacy or hospital.

The NHS have also listed these 'dos' and 'don'ts' for everyone to help slow the spread of the virus:

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 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
- try to reduce social contact wherever possible

Don't

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

If you have symptoms of coronavirus and have isolated yourself at home, and you need medical advice, you can use the NHS 111 Online service at <https://111.nhs.uk/covid-19/> If you can't get the help you need via this website, you can call 111.