

Are you self isolating due to Coronavirus ?

Are you able to offer help to those who are isolated?

Battle Town Council would like to hear from you.

We have volunteers who can help with:



Shopping



Collecting medicines



Someone to talk to

Due to Coronavirus some of you are likely to be self-isolating. Over 70's and those with underlying health issues have been advised to stay indoors.

Your Town Council is making a list of people willing to help and people in need of help, so that we can put those in need in touch with a neighbour or signpost them to an organisation that may be able to help.

If you need help and don't know anyone who can assist you, please contact us:

Carol Harris (Town Clerk)

Telephone: 01424 772210 (Mon - Fri 9 - 2)

07309 732536 (afternoons and weekends)

Email: enquiries@battletowncouncil.gov.uk

Please have or send the following information:

- Full name, address, telephone number(s) and email address if you have one;
- Tell us if you are unwell & self-isolating or staying indoors due to government advice;
- Tell us how many other people are in your household and their situation(s);
- Contact details for a close family member could also be helpful.

Please avoid direct contact between helpers & those receiving assistance - leave items on doorsteps at pre-arranged times.

Be alert to potential scammers and fraudsters - never give anyone your bank details, bank card, chequebook, password or PIN.

Do not open your door to strangers - speak from a safe distance through an open window and request ID.

There are some local businesses offering delivery services - look them up on the Town Council website

Battletowncouncil.gov.uk or telephone 01424 772210



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Advice from the NHS & Government

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Stay at home if you have coronavirus symptoms

Stay at home for 14 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 are 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.

Use the NHS 111 online coronavirus service if:

You feel you cannot cope with your symptoms at home

Your condition gets worse

Your symptom's do not get better after 14 days

Only call 111 if you cannot get help online.

How coronavirus is spread

This is a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets.

The virus remains on hard surfaces including cardboard, paper and books including money and boxes.

SO ALWAYS WASH YOUR HANDS AFTER TOUCHING ANYTHING DELIVERED TO YOUR HOME (Like this letter)

Hints to reduce your risk of catching or spreading coronavirus

Don't

- ✗ Do not touch your eyes, nose or mouth if your hands are not clean
- ✗ Do not panic read only information from NHS and GOV.UK sites.

Do

- ✓ Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze, then put used tissues in the bin immediately and wash your hands afterwards. Tissues cannot be flushed down the toilet or recycled.
- ✓ Try to avoid close contact with people who are unwell.
- ✓ Tell your friends, family and neighbours if you are unwell.

Treatment for Coronavirus

There is currently no specific treatment for coronavirus, antibiotics do not help, as they do not work against viruses.

Treatment aims to relieve the symptoms while your body fights the illness.

You'll need to stay in isolation, away from other people, until you have recovered.



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