



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 and/or connect you with our street support network.

My name is.....

I live locally at

My phone number is

We have a street facebook/whatsapp group you can join:.....

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 Join you to our street group

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 meters 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. **EVERYONE:** use common sense and do not give your bank card or details to people that you don't know or trust

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 can do so and especially 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

For how long to stay home see www.nhs.uk/conditions/coronavirus-covid-19 or call your local community center if you do not have access to the internet.

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 23.02.20

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
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services

Don't

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family

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.

We are putting information on www.knowlewest.co.uk with links to official advice and information about local services.