

## Useful Contact Numbers:

Barton Pharmacy - **01271 870378**

Woolacombe Medical Centre - **01271 870276**

Ilfracombe Surgery - **01271 863119**

Warwick Link - **01271 871195**

Morteohoe Parish Council - **01271 870247**

St Sabinus Church - **01271 870467**

North Devon District Hospital - **01271 322577**

North Devon Council - **01271 327711**

Department for Education - **0800 046 8687**

Samaritans - **116 123**

Age UK - **0800 678 1602**

Police (Non-Emergency) - **101**

## Useful Online Resources:

**www.gov.uk** - The Government's latest Corona Virus Advice, offering up to date information for Carers, Businesses, Employers and Employees, Schools and Childcare, and Benefits Advice.

**www.nhs.uk** - Common Coronavirus questions and answers

**www.carersuk.org** - Useful advice if you are caring for others

**www.northdevon.gov.uk** - North Devon Council

**www.devon.gov.uk** - Devon County Council

## Parish Support Group Liaisons

Woolacombe and Morteohoe Community Support Group

Sally 07990 527634 Janet 07947 876757



Woolacombe and Morteohoe  
Community Support Group

# Corona Virus Advice

Please take the time to read carefully



## Dear Parishioners

There is a possibility that over the coming weeks more of us will be advised to self-isolate as a precautionary measure against the Corona Virus.

Many others will be affected by sudden changes in their daily routines, dealing with anxiety and money worries.

The Parish Council are coordinating a Community Support Group to provide help and advice, and to organize the efforts of the many community members who have already volunteered their time and resources.

If you have been diagnosed or told to self-isolate by the NHS, or if you are self-isolating to protect yourself or others in your household you are not alone - we are here to help you!

A member of the Woolacombe and Morteheo Community Support Group will be able to support you by assisting with deliveries of groceries, medications or other shopping.

By its very nature self-isolation can be a solitary experience, so we will be available to support in other ways too, perhaps helping with pets or just putting you in touch with a friendly voice to check in with over the telephone.

This is not an alternative to the NHS or social services, but simply an organized group of local residents looking out for each other in good faith.

By working together, we can help our community to thrive.

Thank you all for your support in this unprecedented time.

*Don Duffield*

Chairman of Morteheo Parish Council

## What can you do to help?

If you need any help or support with the things we've mentioned (or something we haven't thought of) please contact us on the numbers below.

Do check in on any vulnerable family, friends and neighbours and make sure they have everything they need.

Let us know if you would like to volunteer your time or support with deliveries, dog walking or telephone check-ins, or anything else you think may help!

We would also like to hear from those who may be able to assist with any of the following:

- Co-ordinating volunteers
- Providing financial and benefits advice
- Counselling skills
- Telephone and Social media support

Contact Sally on: **07990 527634**

Contact Janet on: **07947 876757**

Email: [sallyatmorteheopc@gmail.com](mailto:sallyatmorteheopc@gmail.com)

If you have to stay at home because of Corona Virus you may feel bored, frustrated or lonely.

You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It is OK to feel like this – everyone reacts in their own way to challenging events and uncertainty.

The tips and advice below can help you to cope with how you may feel while staying at home.

#### **Plan practical things**

Making sure you know how you get food and other essentials delivered, speaking to your employer about pay and benefit entitlement will help you to feel more in control.

#### **Connect with others**

If you are feeling down, reach out to friends and loved ones by telephone or the internet, lots of people will be finding the current situation difficult, so staying in touch could help them too.

#### **Look after your body**

Try to make sure you and your family eat healthy, well-balanced meals, drink enough water and exercise regularly. Get plenty of fresh air and sunshine while maintaining a safe distance from others - 2 to 3 metres is recommended.

#### **Take time out from news and social media**

While it is important to stay informed of events too much time spent on social media and watching the news can feel overwhelming – taking regular breaks away from the news can help you stay calm.

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

The NHS Every Mind Matters website has some helpful tips and advice to support good mental health and well-being.



Woolacombe  
Foodstore and  
Post Office

### **Free Home Delivery Service**

For anyone self-isolating or concerned due to Corona Virus.

Deliveries Tuesday, Thursday and Saturday afternoons

Call us on 01271 870363 from 8:30am - 5:30pm

### **Combe Coastal Practice**

Woolacombe Ilfracombe Combe Martin

If you have access to the internet please help us at this busy time by ordering your repeat prescriptions online if you can.

You can do this by sending an email to:

d-ccg.prescriptions-combecoastalpractice@nhs.net

Or logging on to:

<https://systmonline.tpp-uk.com/2/Login?Date=20200319152453>

If you don't have a username and password, you will need to contact the practice for one. If you are not online please call

**BARTON PHARMACY on 01271 870378**

### **St Sabinus Church**

Please consider helping us to support your neighbours who are facing financial hardship, by donating to our

**Community Food Bank**

**Stay at Home** - Government guidance for households with possible Corona Virus infection (as of 22nd March 2020)

The most common symptoms of Corona Virus (COVID-19) are recent onset of:

**New continuous cough and/or High temperature.**

**For most people, Corona Virus will be a mild illness.**

**If you live alone and you have symptoms of Corona Virus illness, however mild, stay at home for 7 days from when your symptoms started.**

If you live with others and you are the first in the household to have symptoms of Corona Virus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill.

For anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

It is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

If you cannot move vulnerable people out of your home, stay away from them as much as possible.

**If you have Corona Virus symptoms:**

**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 Corona Virus is **not needed** if you're staying at home

**Plan** ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household

**Ask** your employer, friends family or our support group to help you to get the things you need to stay at home.

**Wash** your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser. If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online Corona Virus service. For a medical emergency dial 999

**Social Distancing** - Government guidance for everyone in the UK (22.03.2020)

We are advising those who are at increased risk of severe illness from Corona Virus (COVID-19) to be particularly stringent in following social distancing measures.

**What is social distancing?**

Social distancing measures are steps you can take to reduce social interaction between people. This will help reduce the transmission of Corona Virus.

**They are to:**

**Avoid** contact with someone who is displaying symptoms of Corona Virus.

These symptoms include high temp and/or new and continuous cough.

**Avoid** non-essential use of public transport when possible.

Work from home where possible. Your employer should support you in this.

**Avoid** large and small gatherings in public spaces - pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.

**Avoid** gatherings with friends and family. Keep in touch with loved ones, your GP or other essential services using the telephone or online services.

**Everyone should be trying to follow these measures as much as is practical.**

We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, especially if you:

**Are aged 70** or older (regardless of medical conditions)

**Are under 70** with an underlying health condition or **are pregnant**

**Note:** *there are some clinical conditions which put people at even higher risk of severe illness from Corona Virus. If you are in this category the NHS in England will contact you with advice about the more stringent measures you should take in order to keep yourself and others safe.*

**For now, you should rigorously follow the social distancing advice in full**

This advice is likely to be in place for some weeks

There are simple steps you can follow to help prevent the spread of respiratory viruses, including; washing your hands more often with soap and water for at least 20 seconds, when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food. Avoid touching your eyes, nose, and mouth with unwashed hands. Clean and disinfect frequently.