

USEFUL CONTACT DETAILS TO GIVE YOU THE MOST UP TO DATE INFO

COVID-19 (Coronavirus)

UK GOVERNMENT

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Essex County Council

Please see the website to the Essex Coronavirus Action Group Sign up for voluntary sector groups, Facebook Groups, Faith Groups etc:

<http://bit.ly/ecaformgroups>

OTHER INFORMATION

Age Concern: [Tel: 01245 346106](tel:01245346106)

[websiteWwww.ageuk.org.uk/essex](http://www.ageuk.org.uk/essex)

Mind—0300123 3393 (local rates open 9a.m. to 6 p.m.)

Rethink Advice and Info Service

0300 5000927

(help with community care, benefits and debts)

Samaritans—116 123 (FREEPHONE 24 HRS)

Text line—07725909090

HELP STOP THE SPREAD OF COVID-19 AND STAY AT HOME!

Those of you who are in the “**High Risk**” Group, eg over 70, diabetic, asthmatic or other respiratory problems and those with low immune systems, please heed the warnings and self-isolate. If you do not have anyone that is helping you to get groceries or top up your medications.

PLEASE TAKE THE FOLLOWING ACTION:-

1. Call the Parish Clerk on 07541 685708 who can direct you to someone that can help.

This is a time that the **whole community needs to help each other, where you can without putting yourselves in danger.** Making a call to cheer up someone who is isolated just to see how they are, adding some shopping to your on-line order for those who do not have a computer or mobile device and just placing at their front door for them to pickup, or just making a member of the Parish Council aware that someone needs help.

REMEMBER THE 2 METER RULE

If you have a **pre-existing respiratory conditions** such as COPD or asthma contact your GP for a 'Rescue Pack'. It gives you a 5 day supply of a corticosteroid (prednisolone) and a 5 day supply of an antibiotic (usually amoxicillin or doxycycline) which can be started immediately if you develop any breathing issues.