

# Coronavirus Community Pack

Help protect  
yourself & others



# Introduction

This pack is to support you and your community during the ongoing COVID-19 situation. Within it you'll find a list of key contacts, resources and information in one place, which we hope you can share with your community to support each other as much as possible during this time.

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## Health advice

The NHS has some simple advice to avoid catching or spreading COVID-19:

- Stay at home advice – [www.nhs.uk/ conditions/coronavirus-covid-19/self-isolation-advice](http://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)
- Wash your hands with soap and warm 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 straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell

## Useful links

The following links provide useful, factual and regularly updated information on COVID-19, please feel free to share these with your communities.

- **Follow the latest stay at home advice at**  
[www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice](http://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)
- **Overview of COVID-19 – what is it?** [www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)
- **Number of COVID-19 cases in the UK, including the affected areas** – information can be found here,  
<https://www.gov.uk/government/publications/covid-19-track-coronavirus-cases>
- **Common questions and answers on COVID-19** including advice for families, prevention, how it's caught and spread, self-isolation, testing and treatment, foreign travel  
[www.nhs.uk/conditions/coronavirus-covid-19/common-questions](http://www.nhs.uk/conditions/coronavirus-covid-19/common-questions)
- **What is social distancing?**  
<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>
- This sort of incident could cause undue pressure and anxiety. The **NHS Every Mind Matters website** has some really simple useful tips and advice to support good mental health – [www.nhs.uk/oneyou/everymind-matters](http://www.nhs.uk/oneyou/everymind-matters)
- **Public Health Campaign Resource Centre** (you'll need to register)  
<https://campaignresources.phe.gov.uk/resources/campaigns> for the latest posters, videos and social media graphics. Some examples are enclosed.
- **Somerset County Council** - [www.somerset.gov.uk](http://www.somerset.gov.uk)
- **South Somerset District Council** - [www.southsomerset.gov.uk](http://www.southsomerset.gov.uk)
- **Somerset West and Taunton Council** - [www.somersetwestandtaunton.gov.uk](http://www.somersetwestandtaunton.gov.uk)
- **Mendip Council** - [www.mendip.gov.uk](http://www.mendip.gov.uk)
- **Sedgemoor Council** - [www.sedgemoor.gov.uk](http://www.sedgemoor.gov.uk)

## Useful contact numbers

- **NHS 111** – only call 111 if you cannot get help online
- **Education queries** –phone the Department for Education on 0800 046 8687
- **South Somerset District Council** - contact us on 01935 462462
- **Somerset west and Taunton Council** - contact us on 0300 304 8000
- **Somerset County Council** - contact us on 0300 123 2224
- **Mendip Council** - contact us on 0300 303 858
- **Sedgemoor Council** - contact us on 0300 303 7800



# Social media

Social media is a valuable tool at a time like this, but it can also contain mis-information and rumour, which isn't helpful. The following accounts will be regularly posting out the latest factual advice and information related to COVID-19:

## Public Health England

Facebook: @PublicHealthEngland

Twitter: @PHE\_UK

## Department of Health and Social Care

Facebook: @DHSCgovuk

Twitter: @DHSCgovuk

## NHS England

Facebook: @NHSEngland

Twitter: @NHSEngland

The NHS advises to only trust NHS organisations that are 'blue-tick verified'.

## Avon and Somerset Police

Facebook: @avonandsomersetpolice

Twitter: @ASPolice

## Devon & Somerset Fire Rescue Service

Facebook: @Dsfireupdates

Twitter: @DSFireUpdates

## Somerset County Council

Facebook: @somersetcountycouncil

Twitter: @SomersetCouncil

## South Somerset District Council

Facebook: @SouthSomersetDistrictCouncil

Twitter: @Southsomersetdc

## Somerset West and Taunton Council

Facebook: @SWTCouncil

Twitter: @SWTCouncil

## Mendip Council

Twitter: @MendipCouncil

## Sedgemoor Council

Twitter: @SedgemoorDC



# What can you do as a community

Your communities are strong and resilient and there are simple things you can do to help them continue to thrive:

- Check in on any vulnerable family, friends and neighbours. Sometimes just helping them with their shopping and checking they have everything they need can make a big difference
- If you know someone who is self-isolating, contact them via phone and text and check that they're ok. By its very nature, self-isolation is a solitary experience and their wellbeing will likely be improved by talking to someone (an additional form is enclosed to support this)
- Appoint someone in your community/neighborhood as the main gatherer of information so that everyone in your area gets access to the same and most accurate information
- Please be mindful with your comments and actions, so as not to cause undue concern or anxiety within your community. If you hear mis-information that may cause issues, respectfully challenge if you're able to
- Please be respectful of anyone you know who has been diagnosed with COVID-19 as it's likely to be an anxious time for them. Due to patient confidentiality their details will not be publicly confirmed, so please do what you can to respect and protect their privacy, and do not speculate with the local media or on social media.
- PHE has advised people who are self-isolating to do what they can to avoid visitors to their home and any deliveries of groceries, medications or other shopping to be left at the door so please ensure that when you are providing support this advice is followed.

# Self-isolation form

**Supporting each other in (insert road) ..... in the event of self-isolation.**

**Have you been told that you need to self-isolate?**

**Do you need some support?**

As you know, the UK could be significantly affected by COVID-19. The most up-to-date advice for anyone who has recently travelled abroad or who is experiencing a cough, or a fever, or a shortness of breath can be found at [www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

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

Name:..... has agreed to coordinate members of ..... road

Name:..... has agreed to coordinate members of ..... community who are prepared to support people who have been identified by the NHS as having COVID-19, or those who have been told to isolate themselves by staying indoors, and who may need help.

If you have been diagnosed or told to isolate by the NHS and you need help with, for example, essential shopping or collecting medicines, contact (name) ..... using the details found below.

You are not alone; a member of our local community coronavirus group will then contact you to try to provide support from within the road.

This is not an alternative to the NHS or social services; it will simply be ..... area residents looking after each other.

## Main contact:

**Name:**.....

**Telephone number:**.....

**Email address:**.....

## Alternative contact:

**Name:**.....

**Telephone number:**.....

**Email address:**.....

PHE has advised people who are self-isolating to do what they can to avoid visitors to their home and any deliveries of groceries, medications or other shopping to be left at the door so please ensure that when you are providing support this advice is followed.

If you would be prepared to help a householder in this way, please let (name) ..... know so that we can increase the number of volunteers. Thank you for all your support.

# **CORONAVIRUS**

## **WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS**

**Use soap and water or a  
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's  
Action Plan go to [nhs.uk/coronavirus](https://nhs.uk/coronavirus)



HM Government

**NHS**

# Coronavirus

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**CORONAVIRUS**

**PROTECT  
YOURSELF  
& OTHERS**



HM Government

**NHS**

# Coronavirus

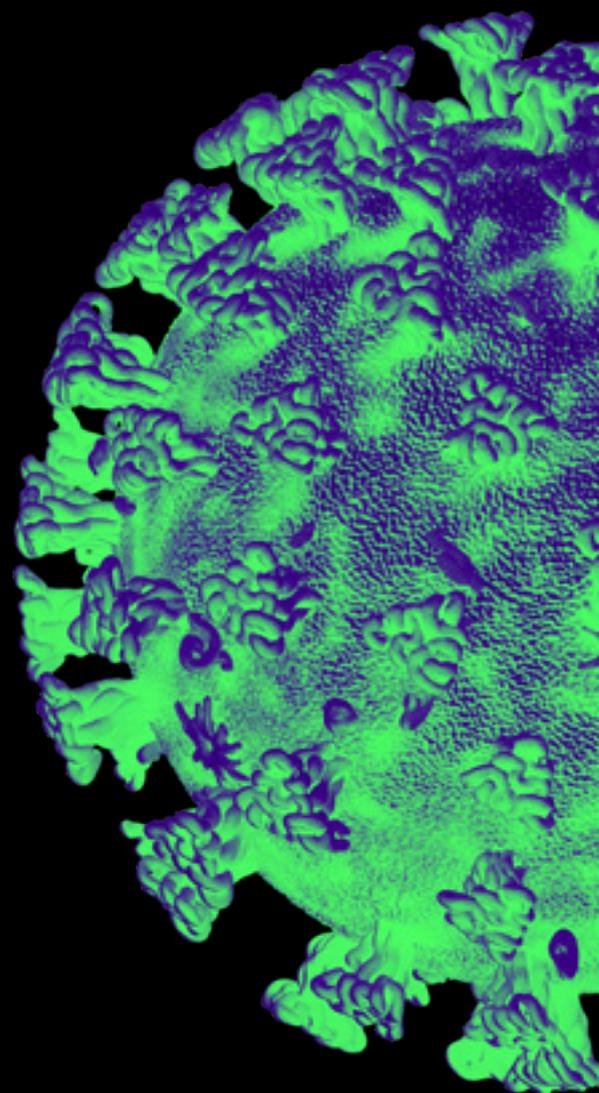
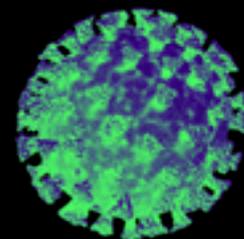
## Isolate your household

## Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ **Everyone in your household must stay at home** for 14 days and keep away from others.
- ✘ **DO NOT** go to your GP or hospital.
- ✔ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)



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YOURSELF  
OTHERS &  
THE NHS**