



Salford  
Day  
Centre



Salford  
C of E  
Primary



**If you are self-isolating owing to  
COVID-19, we can help with :**

**Picking up shopping**

**Posting Mail**

**A friendly phone call**

**Urgent medical supplies**

**Just call 01225 632216**

**or email [help@saltfordhub.org](mailto:help@saltfordhub.org)**

**Coronavirus is contagious. Avoid  
physical contact (keep 2m distance).  
Wash your hands regularly. Items should  
be left on your doorstep.**

**CAN YOU HELP US DELIVER THIS SERVICE TO  
THE COMMUNITY? CONTACT US AS ABOVE**

**PLEASE KEEP THIS LEAFLET HANDY**

# LATEST GOVERNMENT ADVICE, AS AT 17 MARCH 2020

**Coronavirus (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 if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started 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.

## How long to stay at home

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

## Urgent advice: Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

**Only call 111 if you cannot get help online.**

## How to avoid catching and spreading coronavirus (social distancing)

Everyone should do what they can to stop coronavirus spreading.

It is particularly important for people who:

- are 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

## 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
- The NHS will contact you from Monday 23 March 2020 if you are at particularly high risk of getting seriously ill with coronavirus. You'll be given specific advice about what to do.
- Do not contact your GP or healthcare team at this stage – wait to be contacted.

## How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

## 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.

## Keeping up to date about COVID-19:

Guidance related to COVID-19 is changing daily. We can all help to minimise risk, prepare ourselves for potential self-isolation and protect the most vulnerable members of our community by following trusted sources of information.

The NHS website provides information about the virus, potential symptoms, guidance on how to self-isolate, details about their 111 service and links to the official Government information for travel advice and action plans. See [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) or <http://bit.ly/2WmFgHK> for latest information,

## Watch out for COVID-19 scams

According to the Online Watch Link, fraudsters are exploiting the spread of COVID-19 to facilitate various types of fraud. Please remember:

- Watch out for scam messages. Don't click on links or attachments in suspicious emails
- Never respond to unsolicited messages and calls that ask for your personal or financial details
- Exercise the same caution that you normally would and don't allow anyone unfamiliar into your property, even if they are offering to help.
- To report a fraud or scam: [Actionfraud.police.uk](https://www.actionfraud.police.uk) / 0300 123 2040

## Let's all regularly check on our neighbours

Please think about the needs of your neighbours, especially (but not exclusively) the elderly and vulnerable. Give them a call or knock on the door to check they are okay. Offer them your phone number if they are isolated and fancy a chat. Make sure they have food and other essential items, if not and you are unable to help please direct them to the contact details on the front of this leaflet.

### Day Lewis Pharmacy (01225 874454)

- Open Monday to Friday 8.30 – 1pm & 2 – 6pm, plus Saturday 9am – 1pm

### NHS Helpline

- For non-emergency contact 111

### Saltford Community Post Office

- Open Monday & Friday 9 – 1pm & 2 – 5pm, plus Wednesday morning 9 – 1pm

### Saltford Community Library

- Closed from 23 March

### Food Bank (0117 983 7923)

- for locations and opening times please go to <https://Keynsham.foodbank.org.uk>

### BathNES Council COVID-19 Enquiries

- Please direct these to [Covid-19incidentcomms@bathnes.gov.uk](mailto:Covid-19incidentcomms@bathnes.gov.uk)

Key community representatives are regularly liaising regarding Saltford's response to the COVID-19 situation. This includes representatives of Saltford Parish Council, Saltford Community Association, Saltford Primary School, St Mary's Church, the Saltford Day Centre, Saltford Community Post Office and Library, Day Lewis Pharmacy, Saltford Food Bank, Clarkson's Independent Funeral Directors as well as the B&NES Saltford Ward Councillors.