In most cases, COVID-19 is mild but everyone should remain vigilant and carry on with good washing of hands and related personal hygiene measures, which include:

• Giving your hands a good wash with soap and water is the most effective action you can take (but hand gels can be a good substitute).

• Maintaining personal hygiene when coughing or sneezing is also important – use a tissue rather your hands and then throw it away.

• It is good general practice to use cleaning wipes to give your keyboard, desk, phone etc. the once over on a regular basis.

Could you help?

If you might be in a position to help others in your area, please contact Netheravon Parish Council, on npcemergencyplan@gmail.com or 07438 933652

You could:
- Collect shopping on behalf of a neighbour
- Pick up a prescription and deliver it to someone who has self-isolated
- Take urgent post to the letter box

Netheravon and Fittleton Parish Councils

Advice for Parishioners Regarding Coronavirus

Dear Parishioners, please read this leaflet, as it contains important information regarding how the Parish Council will support those affected by novel coronavirus 19 (COVID-19).

For specific medical advice, call 111.

For emergencies, call 999.

HM Government

NHS

CATCH IT. BIN IT. KILL IT.

What to do if you might need help.

If you:
- Feel you might be vulnerable and might need help;
- Have confirmed symptoms or diagnosed COVID; and/or
- Have self-isolated

…please let us know and we will see how we can help.

If any of the above applies and you are content to share your details with the Parish Council and for the Council to pass on your details to someone who could help you, please contact Netheravon Parish Council, on

npcemergencyplan@gmail.com

or 07438 933652

CORONAVIRUS

If you have arrived back from China or other specified place within the last 14 days

or

had contact with somebody with Coronavirus,

and

do you have any of these symptoms?

Cough   Fever   Shortness of breath

If yes, please call NHS 111

Find out more at gov.uk/coronavirus

You may not be particularly vulnerable, but you might still need help, in order that you can remain at home, self-isolating. Please let us know so we can track those cases in the village by emailing or calling Netheravon Parish

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Keep up to date:

Wiltshire Council:
www.wiltshire.gov.uk/public-health-coronavirus

Go to NHS.UK/coronavirus for information about the virus and how to protect yourself.

Use the 111 online coronavirus service if you think you have symptoms.

Useful telephone numbers:
Doctors:
Avon Valley Practice: 652378
Barcroft Practice: 623983
St.Melor Practice: 622474
Millstream Practice: 881721
Transport:
Link Scheme: 594857
Shop:
McColl's: 670163