

GLATTON PARISH COUNCIL

EXTRAORDINARY PARISH COUNCIL NOTICE: CORONAVIRUS

This notice is issued from the Parish Council to ensure all residents of Glatton Village have an additional point of reference for either, information about Coronavirus, or especially any support & help that may be needed.

Should any villagers, as per government direction, need to stay at home (Self- Quarantine) we want to ensure, **THAT SHOULD YOU NEED TO**, you can make a telephone call or send an e-mail to one of the parish councillors who can then assist in arranging the information or support you may need. This could be pointing you in the right direction for information, assisting in food or medicines shopping, contacting relatives, or even just for a chat if the isolation is becoming a lonely experience.

Although we are offering this additional support at this extremely unique time, we also want to encourage ALL VILLAGERS in Glatton to please look out for each other, check on your neighbours, whatever their age or situation but especially the elderly residents who live in our wonderful community.

Please contact us via any of the links below (please use our personal e-mails for the coronavirus situation)

<http://gpc.glatton.org.uk/comments-to-the-parish-council>

neil@improview.co.uk or 07754294133

stephen.smith1120@gmail.com or 07712899731

paulwilliamsglatton@icloud.com or 07776436084

carl.stretton@btinternet.com or 07563581281

amandaja54@btinternet.com or 07734 254750

As of 12TH March 2020: UK Government Guidance.

What to do if you have symptoms: Stay at home for 7 days if you have either:

- a high temperature
- a new continuous cough

This guidance is for people with confirmed or possible coronavirus (COVID-19) infection who are required to stay at home: The main messages are:

- if you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started.
- this action will help protect others in your community whilst you are infectious
- plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your employer, friends and family to help you to get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home whenever possible
- sleep alone, if that is possible
- wash your hands regularly for 20 seconds, each time using soap and water
- stay away from vulnerable individuals such as the elderly and those with underlying health conditions as much as possible
- you do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999

