COVID-19 MUTUAL AID UK

Working together to support Haywards Heath

Hello neighbour,

Are you unable to leave your home because of Covid 19/Coronavirus? We're here for you.

We, a group of local residents, would like to support the community that we live in and ensure that nobody is left isolated. We don't ask for anything in return, we just believe in helping each other in a time of difficulty.

We are your local neighbours and not a professional body but are supported by the council.

HOW CAN WE HELP?

NEED SUPPORT?

If you would like to speak to us, or want to ask for help, please text, call or WhatsApp on the number below or email haywardsneedhelp@gmail.com and let's see how we can help.

LOCAL ORGANISER NUMBER

01444 635002

GIVE SUPPORT

If you would like to support the community and join in, we can add you to the WhatsApp organising group to coordinate support. Please email haywardsvolunteers@gmail.com to join the group or call the number above.

We want all of our community to feel safe and hope to provide a service that delivers this but if you have a complaint please either call 07930 241112 or email haywardsneedhelp@gmail.com.

On the back of this leaflet is some advice to help keep you safe.

COVID-19 (the new novel coronavirus) is a new illness that can affect your lungs and airways. Let's work to prevent the spread.

Below are the current guidelines as at 17/3/2020 and this does not constitute medical advice

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

Stay at home for 7 days if you have:

- A high temperature: You feel hot to touch on your chest or back.
- A new, continuous cough – this means you've started coughing repeatedly.
- If someone in your home has a persistent cough or fever. Everyone living there must stay at home for 14 days.

DO NOT go to a GP surgery, pharmacy or hospital. Read the NHS advice about staying at home and for latest information **nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice**

HOW TO AVOID CATCHING OR SPREADING CORONAVIRUS

- Stay home where possible. Stop non-essential contact with others and non-essential travel.
- Wash your hands with soap and water often, for at least 20 seconds.
- Avoid touching common public surfaces such as metal or plastic.
- Use 60% alc. hand sanitiser gel if soap and water are unavailable
- 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.
- Try to avoid close contact with people who are unwell.
- Do not touch your eyes, nose or mouth if your hands are not clean.

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 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. Treatments are being tested. The earliest a vaccine is likely to be available is 2021.
Use Paracetamol to help with lowering a fever. Avoid anti-inflammatory medication such as ibuprofen, as this may worsen the symptoms.
Antibiotics do not help, as they do not work against viruses.

SHOUT CRISIS TEXT LINE

NOT FOR MEDICAL ADVICE
For anyone struggling with their mental health in isolation or suffering from anxiety or worry. Please text SHOUT to 85258.
Shout offer free 24/7 textline support for those feeling in crisis.

Even if you're self-isolating, you're not alone.

We washed our hands before delivering these.