



## Tips to protect yourself, your loved ones and your community from the Coronavirus

- Talk to household members, relatives, friends and neighbours to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.
- Get to know your neighbours, do they have someone who can help them, could you?
- Think about repeat medications, can you arrange for these to be delivered to you?
- If you have utility prepayment keys and cards get these topped up, make arrangements for someone to do this for you if your unwell.
- Learn how to self-isolate. Guidance can be found on the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>
- Learn about the emergency operations plan at your child's nursery, school, college, or childcare facility and your employer's emergency operations plan.
- If you can, regularly look at your local community websites and join your local social media groups for updates, information and resources.
- Plan ways to care for those who might be at greater risk for serious complications.
- Create a list of local organisations that you and your neighbours can contact in the event that one of you need access to information, healthcare services, support, or resources. Consider including organisations that provide mental health or counselling services, food, and other supplies.
- Create an emergency contact list of family, friends, neighbours, healthcare providers, teachers, employers, the local public health department, and other community resources.
- Practice everyday preventive actions including regular hand washing. The NHS provides guidance on how to wash hands: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>
- Can you get food and supplies? Can you order these online and have them delivered to you? Is there someone else who could do this for you? It is sensible to get a few extra supplies but don't panic buy.
- If you are planning on visiting a relative or friend in a care home, check with the home what arrangements they have in place for visitors.

## Useful Phone Numbers

NHS - 111  
Adult Social Care - 01628 683744  
Social Care (Out of hours) - 01344 786543  
Healthwatch WAM - 01753 851725

## Online Resources

NHS 111 Online [111.nhs.uk](https://111.nhs.uk)  
NHS advice [nhs.uk/coronavirus](https://nhs.uk/coronavirus)  
Government advice [gov.uk/guidance/coronavirus-covid-19-information-for-the-public](https://gov.uk/guidance/coronavirus-covid-19-information-for-the-public)  
World Health Organisation [who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public](https://who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)  
Centre for Disease Control and Prevention [cdc.gov/coronavirus/2019-ncov](https://cdc.gov/coronavirus/2019-ncov)

[Printable - Tips to protect yourself, your loved ones and your community from the Coronavirus](#)

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## Share your views with Healthwatch

We want to hear about your experiences of health and social care services, what is good, what works?, what can be improved or work better?

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