



Tysoe Parish Council

Coronavirus – How to help each other in Tysoe?

In this time of uncertainty we ask that we do all that we can to look after ourselves and our more vulnerable friends and neighbours.

Nobody wants to be considered 'vulnerable', however, if you are elderly and/or have an underlying health condition you may be particularly concerned about contracting the Covid-19 virus.

If you have friends and neighbours who might be considered vulnerable, we would ask that you do what you can to help them - particularly if they are concerned about going out or self-isolating.

You can help with shopping; Tysoe Village Stores 01295 688333 will take orders for you to collect supplies for your neighbour. Whilst they have limited resources they may also be able to deliver to homes. You can collect prescriptions, run errands, and perhaps help organise fuel deliveries. Help them keep up to date with the latest advice and stay in regular contact so that isolation does not have to mean loneliness.

Help yourself and others:

- Wash your hands frequently and catch coughs and sneezes in a tissue.
- Consider avoiding public gatherings.
- Stay up to date using trusted sources of information –

www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response

www.nhs.uk/conditions/coronavirus-covid-19/

BBC News.

Continued overleaf

Stay at home if you have coronavirus symptoms

Stay at home for 7 days if you have either:

- a high temperature
- a new, continuous cough
- 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.

Use NHS 111 online coronavirus service only if:

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

If you need further support or are aware of someone who may need our help, contact the Parish Council. In the first instance please contact **Alison Cross** on **07866 426188** or **01295 680426**. Alison will co-ordinate help from the Parish Council.

We will post any further local updates that affect residents specifically as advice evolves. Please look out for information on the Parish Council notice board opposite the Village Hall, on the Tysoe Record and Tysoe Village Noticeboard Facebook pages, the Tysoe Parish & Community website www.tysoe.org.uk and in the Tysoe Record.

Best wishes

Tysoe Parish Council

13.03.20