The Council would urge everyone to follow the national advice, and daily updates can be found here:

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

It is best that you take your advice from this page, rather than from newspapers, social media or knowledge from others. This is an evolving real-time situation, so it is important to understand the most up to date advice.

As a community, we will all be aware of neighbours, friends and family members who may be vulnerable and at risk, as well as lonely. So what can you do to help?

* follow the advice. Although the measures being introduced may seem draconian, it is important to follow the national advice. If you feel ill, visit the website above and go from there.
* pick up the phone. A daily check on people can not only help with ensuring safety and, if necessary, medical intervention, it can be a real boost for mental health. As this situation progresses, boredom and isolation can kick in, so it’s important to talk.
* assist your neighbours. In the comments below, you will find a printable postcard that you can drop off to neighbours, offering to pick up shopping, medication etc, or just to offer help or a phone call. It is important that you manage your own personal health and safeguarding by not interacting directly with anyone who may already be ill, but this is a helpful and vital way we can all make a small difference.
* make a note of your own requirements. In the event that you may be isolated or in need of medical assistance, it is important that anyone intervening can understand your health situation. Write down any allergies, medication requirements, underlying health conditions etc and place them somewhere visible, or share with a neighbour or family member.

We are aware that some of the most vulnerable members of our community do not have access to social media, so please spread the word where possible.

**We are a strong and vibrant community; let’s help one another through this.**