Coronavirus COVID-19

Community Pack

Kirklees COUNCIL

Introduction

This pack is to support you and your community during the ongoing outbreak of Coronavirus, also known as COVID19.

Within it you'll find a list of key contacts, resources and information in one place, which we hope you can share with your community to support each other as much as possible during this time.

CONTENTS

Health advice

The NHS has some simple advice to avoid catching or spreading COVID-19:

- Stay at home advice –
  www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice

- **Regularly wash your hands for at least 20 seconds** with soap and warm water

- Always wash your hands when you get home or into work.

- Use hand sanitiser gel if soap and water are not available.

- **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** straight away **and wash your hands** afterwards

- Try to **avoid close contact** with people who are unwell

Useful web links

The following links provide useful, factual and regularly updated information on COVID-19, please feel free to share these with your communities.

- Follow the latest **stay at home advice**:
  www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice

- **Overview** of COVID-19 – what is it?
  www.nhs.uk/conditions/coronavirus-covid-19

- **Kirklees Council's** COVID-19 information pages, including number of cases in the UK and the affected areas:
  www.kirklees.gov.uk/coronavirus
  www.kirklees.gov.uk/virusupdates

- **Questions & Answers** on COVID-19 including advice for families, prevention, how it's caught and spread, self-isolation, testing and treatment, foreign travel:
  www.nhs.uk/conditions/coronavirus-covid-19/common-questions

- **NHS 111** – information can be found on our website:
  https://111.nhs.uk/covid-19

- The NHS *Every Mind Matters* website has some really useful tips and advice to **support good mental health** if the outbreak is causing you anxiety:
  www.nhs.uk/oneyou/every-mind-matters

- **Public Health Campaign Resource Centre** (you'll need to register)
  https://campaignresources.phe.gov.uk/resources/campaigns
  for the latest posters, videos and social media graphics. Some are enclosed.

- **COVID–19 Mutual Aid UK** - support for local community groups organising mutual aid throughout the COVID-19 outbreak in the UK:
  https://covidmutualaid.org/resources

- **Age UK: Doorstep Scams** - advice on how to protect yourself and stay safe on your doorstep:
  www.ageuk.org.uk/information-advice/money-legal/scams-fraud/doorstep-scams

Useful contact numbers

- NHS 111 – only call **111** if you cannot get help online

- Education queries –phone the Department for Education on **0800 046 8687**

- Kirklees Council – **01484 221000**

Social media

Social media is a valuable tool at a time like this, but it can also contain mis-information and rumour, which isn't helpful. The following Twitter (www.twitter.com) accounts will be regularly posting out the latest factual advice and information related to COVID-19:

- Public Health England – **@PHE_UK**

- Department of Health and Social Care – **@DHSCgovuk**

- Kirklees Council – **@KirkleesCouncil**

- NHS England – **@NHSEngland**
  The NHS advises to only trust NHS organisations on Twitter that are 'blue-tick verified'

- West Yorkshire Police – **@WestYorksPolice**

- West Yorkshire Fire & Rescue Service – **@WYFRS**

What can you do as a community?

Your communities are strong and resilient and there are simple things you can do to help them continue to thrive:

- **Check in -** on any vulnerable family, friends and neighbours. Sometimes just helping them with their shopping and checking they have everything they need can make a big difference

- **Contact -** If you know someone who is self-isolating, contact them via phone or text to check that they're ok. By its very nature, self-isolation is a solitary experience and their wellbeing will likely be improved by talking to someone.

- **Community point of contact -** appoint someone in your community/neighborhood as the main gatherer of information so that everyone in your area gets access to the same and most accurate information

- **Stay factual -** please be mindful with your comments and actions, so as not to cause undue concern or anxiety within your community. If you hear mis-information that may cause issues, respectfully challenge if you're able to.

- **Be respectful** - of anyone you know who has been diagnosed with COVID-19 as it's likely to be an anxious time for them. Due to patient confidentiality their details will not be publicly confirmed, so please do what you can to respect and protect their privacy, and do not speculate with the local media or on social media.

- **Social distancing -** PHE has advised people who are self-isolating to do what they can to avoid visitors to their home and any deliveries of groceries, medications or other shopping to be <u>left at the door</u>. Please ensure that this advice is followed when providing support.

- **Help Cards -** printout the cards on page 5. Complete and post them through the letterboxes of people that you think may require assistance due to self-isolation. This should be a free service, that people do not need to pay for.

- **Be safe** - unfortunately some individuals may look to take advantage of the vulnerable in our communities. Please look out for one another and report any suspicious behaviour to West Yorkshire Police using 101 for non-emergencies and 999 in case of an emergency.

Hello! If you are self-isolating, I can help...

My name is: ....

I live locally at: ....

My phone number is: ....

If you're self-isolating due to COVID-19 (Coronavirus), I can help with:

☐ Picking up shopping ☐ Posting mail

☐ A friendly phone call ☐ Urgent supplies *(such as medication)*

Just call or text me and I'll do my best to help you. Please note this is a **FREE** service, you do <u>not</u> need to pay for it, nor should you share your financial information

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Any delivered items should be left on your doorstep.

NHS

Coronavirus
Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food
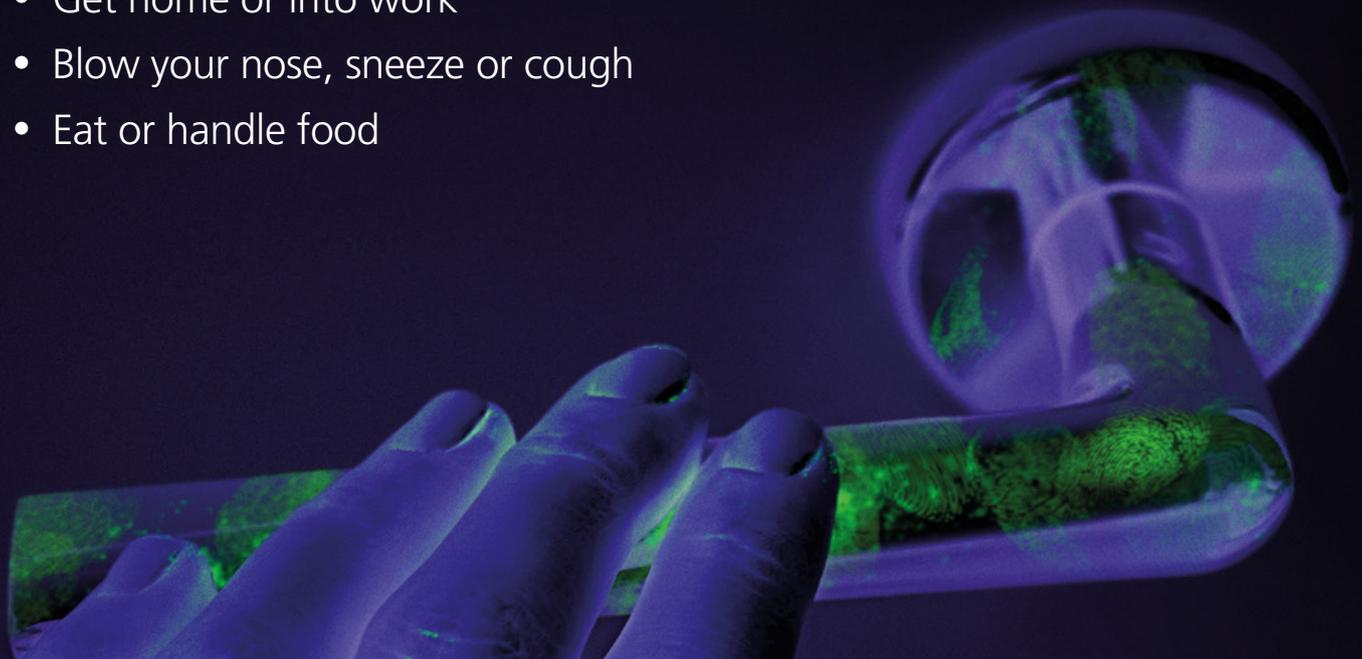
For more information and the Government's Action Plan go to nhs.uk/coronavirus

CORONAVIRUS
PROTECT YOURSELF & OTHERS

NHS

CORONAVIRUS
WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

Use soap and water or a hand sanitiser when you:

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food

CORONAVIRUS

PROTECT YOURSELF & OTHERS

For more information and the Government's Action Plan go to **nhs.uk/coronavirus**

HM Government

NHS

Coronavirus
Wash your hands with soap and water more often for 20 seconds

1

Palm to palm

2

The backs of hands

3

In between the fingers

4

The back of the fingers

5

The thumbs

6

The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

CORONAVIRUS

PROTECT YOURSELF & OTHERS