

COVID-19 Coronavirus information for Halton-with-Aughton

produced by Halton with Aughton Parish Council and Halton Community Association Emergency Group

There are currently no direct threats within our community, so do all you can to live normally and apply common sense to the developing situation. The picture is changing daily so please keep up to date using the following local channels and pass information to neighbours not online.

This information is correct at the time of printing - 20th March 2020.

www.haltonwithaughton-pc.gov.uk

www.facebook.com/haltonwithaughtonpc

www.haltoncentre.org

www.facebook.com/HaltonCentre

The Centre @ Halton will remain open to coordinate a network of support for anyone who is unwell or self isolating. If you need assistance please contact The Centre on **01524 811316** between the hours of 8am and 6pm. There is an answerphone service out of office hours. The **Coffee Shop at the Centre** will be open Mon - Fri 2pm - 5pm, Sat 10am - 6pm and Sun 10am - 5pm **providing volunteers are available.**

Support your neighbours

Please check on your neighbours and make sure they know where they can get help should they become unwell or need to self isolate.

If you need to self isolate

Let somebody know: a neighbour, friend, relative and/or The Centre @ Halton.

Newsagent: items can be delivered by the newsagents or a volunteer. Please pay over the phone when you order 01524 812347

Chad Tremble Dairyman: is still delivering as usual. Please contact 01524 389137 to arrange new or amended orders

Black's Fish & Chips: food can be delivered by a volunteer. Please pay over the phone when you order 01524 812225

Pharmacy: Prescriptions can be delivered by the pharmacy but cannot be paid for by phone. Please contact directly to discuss 01524 812149

Halton Village Store: items can be delivered by the store or a volunteer but currently cannot be paid for over the phone 01524 812224

St Wilfrid's Church, St Saviours Church, United Reform Church and Valley Church: have ceased all public worship and other services until further notice. Many are holding online services so please check their websites for details

Butchers: items can be ordered but cannot be paid for over the phone 01524 811301. A volunteer can collect and deliver

Can you help?

Please return this slip below to The Centre / call on 01524 811316 / [click here](#) to complete online
Data will be stored securely and for the purpose of the Covid-19 community support network only. By completing this form you agree for us to contact you regarding the community support network.

If you are currently well and not experiencing any symptoms, are you able to offer any help?

Name..... Street name
This is so we can match you with someone near you

Contact number..... Email address:.....

I can help with:

- | | | |
|--|---------------------------------------|---|
| <input type="checkbox"/> Delivering shopping | <input type="checkbox"/> Posting mail | <input type="checkbox"/> Working in the Coffee Shop |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Dog walking | <input type="checkbox"/> Office support at The Centre |

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Stay at home if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

Read the NHS advice about staying at home:

[nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)

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

111.nhs.uk/covid-19

Only call 111 if you cannot get help online. How to avoid catching and spreading coronavirus (social distancing) Everyone should do what they can to stop coronavirus spreading. It is particularly important for people who:

- are 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

- Do**
- wash your hands with soap and water often – do this for at least 20 seconds
 - 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 sleeve (not your hands) when you cough or sneeze
 - put used tissues in the bin immediately and wash your hands afterwards
 - avoid close contact with people who have symptoms of coronavirus
 - only travel on public transport if you need to
 - work from home, if you can
 - avoid social activities, such as going to pubs, restaurants, theatres and cinemas
 - avoid events with large groups of people
 - use phone, online services, or apps to contact your GP surgery or other NHS services

Don't

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family

The NHS will contact you from Monday 23 March 2020 if you are at particularly high risk of getting seriously ill with coronavirus. You'll be given specific advice about what to do.

Do not contact your GP or healthcare team at this stage – wait to be contacted.

Mental wellbeing

It is important to look after your mental well being whilst in isolation. If you feel you are struggling please reach out to a friend, relative or neighbour. For 24 hour listening support contact the Samaritans on 116 123 or for support by text contact Shout by sending "SHOUT" to 85258