

# About Coronavirus

## Keeping Safe & Well

- Keep at least 2m away from other people when you are outside.
- Self isolating means that you **MUST** stay at home and not have visitors.
- Stay away from public places. and only go shopping if you **HAVE** to.
- It is essential to maintain high levels of hygiene and wash your hands frequently, particularly after going outside or handling your post, shopping, or you have a cold etc. Washing hands for more than 20 seconds with hot water and soap kills the virus so please be rigorous with doing it.
- Try not touch your face to try to cut down your chances of transferring any germs that might be on your hands to your face.
- If you have symptoms of a recent dry persistent cough and/or a fever over 37.8 degrees you must self isolate for 7 days if living alone or if you live with others you must **ALL** isolate for 14 days.

**The guidelines are quite complex, if you can go online and learn more than please visit**

**<http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>**

**We hope that you will be aware by now that we are at the start of a very serious epidemic caused by the Coronavirus. This is a new virus and there is no treatment or cure for it. The virus spreads very easily between people and you can show no symptoms yet still be contagious. The first UK death was on 5 March 2020, as of 24 March 2020, there have been 422 deaths in the UK from it and the numbers grow significantly every day. We must take action to stop it's spread.**

If you are 70 or over, or are told that you should have the flu vaccine every winter then the Government say you **MUST** self isolate for the next 12 weeks. Everyone else, unless a 'Key Worker' **MUST** stay at home and not go out other than to exercise once a day or to get 'essential food' supplies. If you are considered to be **EXTREMELY** vulnerable to this virus you will receive/or will have received correspondence from a Dr or Hospital saying that you **MUST** self isolate and **NOT GO OUT** for at least the next 12 weeks. You will be supplied with food and medicine to enable you to stay at home.

The virus gives symptoms of the flu. The current flu vaccine does **NOT** stop you getting it. Symptoms are a dry cough and fever. If you start to develop breathing difficulties or your fever becomes very severe then it is recommended that you ring NHS 111 who will give you advice. Otherwise, stay at home and take Paracetamol, **NOT** Ibuprofen to help with the flu symptoms.

**If you do not have access to the internet then please either watch or listen to a reputable news source on TV or Radio. They are giving out the latest information, things are changing every day. It is important that you keep informed as to what is going on so you can keep safe.**

# ESKDALEMUIR



## We're all staying at home now!

A group of us locals have got together to coordinate help and support for all of us here in Eskdalemuir.

Now, or sometime in the future you may need some help with getting shopping, medication, or just a chat on the phone.

We are also working with the Council to find ways to deliver supplies if necessary.

**We would appreciate knowing who you are so we can keep you up to date with the latest info during this important time. Please send your name, address and contact details via email, phone or text to any of the following people:**

Sarah & Ian Stuart	Watcarrick Cottage	73229	sarah.stuart2016@gmail.com
May Reid	Fingland Brae	07766 714504	Mayreid239@aol.com
Nick Jennings	Todshawhill	07770588367	Nicholas.j.jennings@gmail.com
Victoria Long	Twiglees House	73231	Victorialong108@gmail.com
Jen Devery	Hillfoot		hello@whiteeskfarm.uk
Susie Lilley	Bankhead	07990 511027	sjlilleymail@gmail.com
Lisa Nash	Crurie	07826 938337	lisafnash@hotmail.co.uk

**Or post to: Sarah Stuart, Watcarrick Cottage, Eskdalemuir, DG13 0PL**



**WE URGE YOU TO JOIN OUR FACEBOOK GROUP FOR UPDATES:**

**ESKDALEMUIR COMMUNITY HELP & SUPPORT**

**<https://www.facebook.com/groups/492064931468037/>**

If you need medical advice, use the NHS 111 online coronavirus service at **[111.nhs.uk/covid-19](https://111.nhs.uk/covid-19)**, or if you have no internet access, call **NHS 111** from your phone. In a medical emergency, dial 999.