

Heriot Covid-19 Volunteers

Working together to support Heriot

Hi there, neighbour. Are you unable to leave your home because of Covid 19/Coronavirus? We're here for you.

We are a group of local residents who have come together during a time where some people are finding it hard to access the help they need.

We would like to support the community that we live in and ensure that nobody is left isolated or without support.

We are your local neighbours and not a professional body. We can only offer help within reason, and in ways we can also stay safe. If you need medical advice, use the NHS 111 online coronavirus service at 111.nhs.uk/covid-19, or if you have no internet access, call **NHS 111** from your phone. In a medical emergency, dial 999.

NEED SUPPORT?

If you would like to speak to us, or want to ask for help, please phone or text one of the following local volunteers:

Gavin Potter	07754011112
Steff Potter	07555277193
Doug Crabbe	07988404577
Ross Hilton	07769188066
Adam Marshall	07795194573
Matthew Walgate	07713400660
Duncan Robertson	07500126184

GIVE SUPPORT

If you would like to support the community and join in, we can add you to the volunteer list to coordinate support. Please phone or text Gavin on 07794361024 to join the group.

HOW CAN WE HELP?



**ARRANGING
DELIVERIES**



**PICKING UP
SHOPPING &
MEDICATION**



**A FRIENDLY
PHONE CALL**



**POSTING
MAIL**



**URGENT
SUPPLIES**



**HELP TOPPING
UP ELECTRIC
OR GAS KEY**

On the back of this leaflet is some advice to help keep you safe.

COVID-19 (the new novel coronavirus) is a new illness that can affect your lungs and airways. Let's work to prevent the spread.

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS

Stay at home for 7 days if you have:

- A high temperature: You feel hot to touch on your chest or back.
- A new, continuous cough – this means you've started coughing repeatedly.
- If someone in your home has a persistent cough or fever. *Everyone* living there must stay at home for 14 days.

DO NOT go to a GP surgery, pharmacy or hospital.

This is the government advice at the time of printing, but may be subject to change. Read the latest 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)

HOW TO AVOID CATCHING OR SPREADING CORONAVIRUS

- Stay home where possible. Stop non-essential contact with others and non-essential travel.
- Wash your hands with soap and water often, for at least 20 seconds.
- Avoid touching common public surfaces such as metal or plastic.
- Use 60% alc. hand sanitiser gel if soap and water are unavailable
- 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 immediately and wash your hands afterwards.
- Try to avoid close contact with people who are unwell.
- Do not touch your eyes, nose or mouth if your hands are not clean.

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.
- **Only call 111 if you cannot get help online.**

HOW CORONAVIRUS IS SPREAD?

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food.

TREATMENT FOR CORONAVIRUS

There is currently no specific treatment for coronavirus. Treatments are being tested. The earliest a vaccine is likely to be available is 2021.

Use Paracetamol to help with lowering a fever.

Antibiotics do not help, as they do not work against viruses.

SHOUT CRISIS TEXT LINE

NOT FOR MEDICAL ADVICE

For anyone struggling with their mental health in isolation or suffering from anxiety or worry. Please text SHOUT to 85258. Shout offer free 24/7 textline support for those feeling in crisis.

Even if you're self-isolating, you're not alone.

We washed our hands before delivering these.