

Friends of Llanspyddid Coronavirus Support Group

- Are you unable to leave your home because of Coronavirus?
- Do you need assistance with everyday tasks or someone to talk to?

Friends of Llanspyddid are here to help. We understand that residents may be finding it difficult to access the help they need or may be feeling lonely and isolated due to current restrictions.

We are organising a way to get you the help you need and ask nothing in return. While we can only offer help within reason and in ways that helpers can also stay safe, we would like to match people who have expressed a need with neighbours who are willing and able to assist.

We have provided standard Covid-19/coronavirus information overleaf. If, however, for any reason you require medical advice regarding coronavirus, we urge you to use the **NHS 111 online** coronavirus service at <https://111.nhs.uk/covid-19> or if you do not have internet access, **ring NHS 111** from your telephone for assistance. If it is a medical emergency, dial 999.

Ways we might be able to help:

- A friendly phone call
- Picking up shopping and medication
- Arranging deliveries
- Posting mail
- Help topping up electric and gas key
- collecting pensions or prescriptions
- urgent supplies

Need assistance?

Please text Brad (07415 104 716) or Pauline (07815 833 386) during daytime hours. Leave a message and Brad will make a record of your query—what you need and when you need it. Then he will try to find someone from our list of helpers who is willing and available to assist. As we are wholly dependent on volunteers within the community, we can't guarantee that someone will be available immediately. But if you give us sufficient warning we will try to find someone who can assist.

Willing to help out?

If you are willing and able to help your neighbours in this time of need, please text Brad (07415 104 716) or Pauline (07815 833 386) during daytime hours and note how you would be willing to assist. Also note when you are available. Again, Brad will add to our list of helpers and match you with someone who has expressed a need.

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. 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)

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. Avoid anti-inflammatory medication such as ibuprofen, as this may worsen the symptoms.

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.