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 are fortunate to live on this beautiful private estate of Repton Park. We would like to support the community that we live in and ensure that nobody is left isolated or without support. **We don't ask for anything in return**, we just believe in helping each other in a time of difficulty.

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](http://111.nhs.uk/covid-19), or if you have no internet access, call [NHS 111](https://www.gov.uk/contact-nhs) from your phone. In a medical emergency, dial 999.

During these unprecedented times, please spare a thought for our most vulnerable neighbours and friends and ensure that you seek to assist them.

Please keep a vigilant eye on your most vulnerable neighbours and make sure they are safe and secure, but avoid coming into direct contact, keeping at least 2 metres in distance.

Use modern technology to speak to them – Skype, Zoom, WhatsApp, and of course use FaceTime and make a phone call. Or just knock on their door, and talk through the door, but please keep that safe distance.

Be careful please.

If you can do some shopping or errands for them, please help, but leave the shopping on their doorsteps, do not enter their homes, especially if they are self-isolating.

**NEED SUPPORT?**
If you would like to speak to us, or want to ask for help, please join our new [Facebook](https://www.facebook.com) group page:-

**Friends of Repton Park.**

There is also a [Linkedin Group](https://www.linkedin.com/groups/10527594/):

https://www.linkedin.com/groups/10527594/

Please join these Groups and use them to communicate safely with each other.

You can also use the following email address to ask for help: info@reptonpark.org
We live in a beautiful private park, and if you are using our lovely open spaces for exercise, please ensure you keep a safe distance from each other, at least 2 metres minimum.

Please do not allow your children to get close to others or their pets during this time.

We are all now acutely aware of the seriousness of the pandemic and with the fast-evolving nature of the epidemic, we must all keep safe and healthy.

**GIVE SUPPORT**
If you would like to support the community and join in, please join the Facebook or Linkedin groups and let us know that you wish to help coordinate support.

**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

**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. Read the NHS advice about staying at home: 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. 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.

Please read the Government links below for further advice:


Government Advice

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild illness.

Main messages

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started. (The ending isolation section below has more information)
- if you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill. See the explanatory diagram
- for anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period. The ending isolation section below has more information, and see the explanatory diagram
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
- if you cannot move vulnerable people out of your home, stay away from them as much as possible
- if you have coronavirus symptoms:
  - do not go to a GP surgery, pharmacy or hospital
  - you do not need to contact 111 to tell them you’re staying at home
  - testing for coronavirus is not needed if you’re staying at home
- plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household
- ask your employer, friends and family to help you to get the things you need to stay at home
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999

Who this guidance is for

This advice is intended for:
• people with symptoms that may be caused by coronavirus, and do not require hospital treatment, who must remain at home until they are well
• those living in households with someone who shows symptoms that may be caused by coronavirus

SOCIAL DISTANCING AND VULNERABLE PEOPLE

Current government advice is for everyone to try and stop unnecessary contact with other people – 'social distancing'. This includes:

• working from home where possible
• avoiding busy commuting times on public transport
• avoiding gatherings of people, whether in public, at work or at home

Employers should support their workforce to take these steps. This might include:

• agreeing to more flexible ways of working, for example changing start and finish times to avoid busier commuting times
• allowing staff to work from home wherever possible
• cancelling face-to-face events and meetings and rearranging to remote calling where possible, for example using video or conference calling technology

Vulnerable people

The government has issued guidance that strongly advises people who are at a higher risk of catching coronavirus ('vulnerable people') to take strict social distancing measures.

Employers must be especially careful and take extra steps for anyone in their workforce who is in a vulnerable group. They include, but are not limited to, those who:

• have a long-term health condition, for example asthma, diabetes or heart disease, or a weakened immune system as the result of medicines such as steroid tablets or chemotherapy
• are pregnant
• are aged 70 or over
• care for someone with a health condition that might put them at a greater risk

Find out more about social distancing and vulnerable people on GOV.UK.