



## **Friendly Community and Voluntary Help in Your Village - For Residents of ELMSETT VILLAGE**

We live in a great village with all the benefits of country life, fresh air and friendly neighbours. However, there is a lot in the news and the press lately about the 'Coronavirus' that may make us all a bit anxious and wondering what to do. If we offer no resistance to it, it could possibly leave a sad mark on our village and unhappy memories in the future.

If you are thinking about whether or not you can get out to shop, go to a pharmacy for prescriptions, or how to buy your food or even feel that you are one of those that needs to isolate yourself, or just feel worried, desperate and alone, then maybe we can help you.

## **We have volunteers who can help you.**

1. We can purchase your food for you and put it outside your door.
2. We can collect your medicines and put them outside your door.
3. We are there for a friendly chat on the phone.
4. We can think of ways to help you get through any problems.

**We won't talk to you face to face  
as we don't want to spread the virus.**

But one of the following volunteers will be happy to talk to you on the phone, and explain what we can do and give you support.

**ALLY LEACH - 07923 491608**

**RACHEL HINES - 07872 169700**

**ANDY SIMMONDS - 07777 665390**

**ANDREA DAVIS - 07970 275451**

**FIONA POTTER - 07914 048819**

Make contact on the phone NOW, so we can set things up, before the virus affects our village.

If you want to isolate, now is the time to buy books, magazines, jigsaws or any items you think you may need to keep yourself entertained.

My name is Trevor Clarke and if you have any other ideas to help, please give me a call on 658876 any evening.

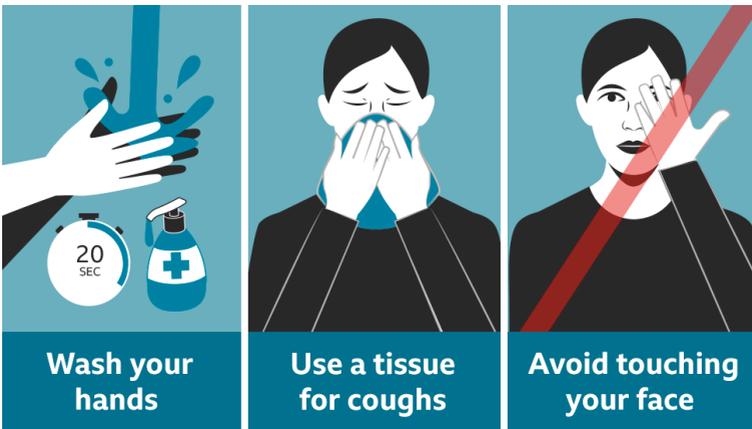
We need more volunteers in other parts of our village.  
Call me on 658876

### A REMINDER

If you have a persistent NEW dry cough you are **HIGHLY CONTAGIOUS**. USE a tissue when coughing or sneezing and put it in the bin. So try not to spread this virus through our village but call one of our Volunteers and we will help and assist you to purchase your food, etc and give you our support.

### REMEMBER

**WASH YOUR HANDS** often (it slows the virus spread). The virus can be active for up to 3-4 days on most surfaces.



# What should I do to prevent catching and spreading the virus?



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



**Throw away used tissues** (then wash hands)



If you don't have a tissue **use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**