

Guidance for Disley & Newtown community response to Coronavirus (Covid-19)

FOR RESIDENTS WHO ARE SELF-ISOLATING

Plan ahead as much as possible. Ask your employer, friends and family to help you to get the things you need to stay at home.

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.
- If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not improve after 7 days, then use the NHS 111 online Coronavirus service at <https://111.nhs.uk/covid-19>

Disley Parish Council is co-ordinating a Street Co-ordinator Scheme (SCOS) of volunteers. If you need any information or support, please call the Council on 01663 762726 and leave a message or email admin@disleyparishcouncil.org.uk. We will get back to you as soon as possible.

A neighbour may have already been in touch and provided you with their contact details so you can get in touch with them directly if you need any assistance.

- Don't worry at all about contacting them if you need to. They want to help.
- Do not give bank cards or bank details to individuals.
- If you require shopping think about how you will pay. You could do this using online banking or asking a family member to pay via online banking for you.
- Always observe social distancing practices.
- Think about keeping busy with activities such as cooking, reading, online learning and watching films.
- Write down family contact details and leave them in a prominent position e.g. by the telephone or on a mantelpiece.
- Keep a list of important telephone numbers close at hand e.g. doctor, chemist, Parish Council
- Keep a list of all your medication close at hand.

Disley Parish Council will regularly post information on its' website at: www.disleyparishcouncil.org.uk/

The Parish Council is also emailing regular eBulletins with specific Disley and Newtown news relating to the Coronavirus. To receive this, please register on the website.