

**The Yarmouth Isle of Wight Town Council**

**CORONAVIRUS ALERT**

**Think you might have the virus?**

If you have a new, continuous cough or fever, **go home and stay there** (self-isolate) for 7 days, and avoid close contact with others in your household as far as possible. Use the 111.nhs.uk website but **do not call 111** unless your condition worsens or you can’t cope. Do not go to your GP or hospital.

**Need support to self isolate?**

Volunteers will do their best to support anyone who needs to self-isolate according to government guidelines. This could include meals, supplies, prescriptions and more.

To access support, call the YTC Hotline on 752168

**Trying to avoid exposure?**

Are you especially vulnerable to COVID-19? Are you over 70 and do you have heart disease, diabetes, lung disease or poor immunity? If so, **stay at home** as much as possible. If you need support to stay away from public spaces, call the hotline on 752168

**Are you able to help the community?**

If you’re feeling fit and well, **do something useful**. Helping the community will ultimately help you and your family by reducing the strain on NHS and other public services.

**Feeling concerned?**

It’s natural to feel concerned. Get accurate information from the NHS website and the Gov.uk website. Don’t read unreliable information on social media. Take precautions such as washing your hands. If it’s affecting your mental state or you need to talk to someone, call the Samaritans on **116 123**