

**FIVE THINGS YOU CAN DO.**

- 1.** Think of others, consider your actions and be kind. People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.
- 2.** Connect and reach out to your neighbours: as self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.
- 3.** Make the most of local online groups: Keep up to date, share information and be a positive part of your local community conversations using platforms like Nextdoor.
- 4.** Support vulnerable or isolated people: different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to foodbanks to help.
- 5.** Share accurate information and advice: Support anyone who may be anxious about Covid-19. Sign post them to the correct advice from NHS Inform Scotland and to encourage people to follow the correct hygiene practices.

**Kilmallie**

**Covid-19 Support**

**Contact Kilmallie Community Council facebook page**

- for help with getting supplies of food, fuel and medicines/prescriptions
- to volunteer to assist other residents
- to notify vulnerability and/or useful skills for community resilience

**Please phone the Support Line, message the Kilmallie CC Facebook page, to respond to questions below which apply to you.**

- 1. Are you self-isolating?**
- 2. Are you more vulnerable to Covid-19 due to another medical issue?**
- 3. Are you living alone or with family/friends?**
- 4. Are you in contact with neighbours?**
- 5. Do you need assistance with getting food, fuel or medicines?**
- 6. Do you need someone to talk to?**
- 7. Would you be prepared to volunteer to help. If so, please fill in the Volunteer Form on our facebook page.**

**Kilmallie Community Council is trying to do three things at this time in response to the Coronavirus Covid-19:**

- To distribute straightforward medical advice to our residents
- To provide a local contact number for those needing to self-isolate to get help with food/heat/medical supplies
- To build a network of volunteers who can help others in need during this challenging time: a resilience team

**Kilmallie**

**Support Line:**

**01397 470880**

You can also email [secretary@kilmallie.org.uk](mailto:secretary@kilmallie.org.uk)

**Highland Council Helpline**

**0300 303 1362**

Monday-Friday 8am-6pm

Highland council have provided a free helpline to give assistance. Advice on benefits, personal support, education, social care and advice for businesses as well as signposting callers to other organisations that can provide help.

**To Save Lives you must stay at home : go out for only essential reasons: food, medicine or exercise (once per day), work from home if you can, mix only with people in your household (do not meet others, even friends and family), stay 2 metres apart and keep washing your hands**

**NHS Inform Advice**  
**(www.readyscotland.org)**  
**0800 028 2816**

### **COVID-19 Symptoms & how to respond**

The most common symptoms of COVID-19 are a new continuous cough and/or a fever/high temperature (37.8C or greater). You may feel warm, cold or shivery. Some people will have more serious symptoms which might require admission to hospital.

If you've developed a new continuous cough and/or a fever/high temperature in the last 7 days, stay at home for 7 days from the start of your symptoms even if you think your symptoms are mild.

#### **Phone NHS 111 when:**

- symptoms worsen during home isolation
- breathlessness develops or worsens
- symptoms have not improved after 7 days
- this advice is especially true for those in high risk groups

#### **High Risk Groups:**

- are 70 years old or over
- under 70 with underlying health condition, such as respiratory diseases; heart, kidney or liver disease; neurological disease (Parkinsons, MND, MS, cerebral palsy); diabetes; weakened immune system
- Pregnant

**In a medical emergency, phone 999 and tell them you have COVID-19 symptoms.**

#### **SELF-ISOLATION:**

If you live with others, then the person who has symptoms of COVID-19 (new continuous cough and/or fever/high temperature) should stay at home for 7 days from the start of their symptoms and all other household members who don't develop any symptoms should stay at home for 14 days. The 14-day period starts from the day illness began in the first person to become ill.

If others in the household develop symptoms within the 14 days, then they will need to stay at home for 7 days from the day their symptoms began, even if this takes them over the 14 day isolation period.

#### **PREPARATION:**

If someone in your household becomes ill, everyone who lives in the same house will be asked to stay at home. Some of the ways in which you could prepare include:

- talking to your neighbours and family and exchanging phone numbers of household contacts.

- considering and planning for those in your home who are considered vulnerable.
- creating a contact list with phone numbers of neighbours, schools, employer, chemist, GP
- setting up online shopping accounts
- ensuring adequate supplies of any regular medication, but do not over-order

#### **How to avoid catching COVID-19**

You can reduce your risk of getting and spreading the infection by:

- avoiding direct hand contact with your eyes, nose and mouth
- maintaining good hand hygiene
- avoiding direct contact with people that have a respiratory illness and avoiding using their personal items such as their mobile phone
- covering your nose and mouth when coughing or sneezing with disposable tissues and disposing of them in the nearest waste bin after use
- follow government advice to stay at home as much as possible and stay away from other people

#### **Wash your hands regularly**

- Wash your hands with soap and water or alcohol hand sanitiser before eating and drinking, and after coughing, sneezing and going to the toilet.

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