

Lighthorne Parish Council

Coronavirus

What can we do in Lighthorne?

14th March 2020



If you watch TV, listen to the radio, or read a newspaper, you will have been inundated with information about the COVID-19 strain of coronavirus. The situation changes rapidly, and this newsletter is just a snapshot in time. A list of web sites for up to date information is at the foot of this page, **but not everyone has access to the internet.**

In this time of uncertainty it is more important than ever that we look after ourselves and our vulnerable friends and neighbours. Nobody wants to be considered 'vulnerable'. However, if you are elderly and/or have an underlying health condition you may be particularly concerned about contracting Coronavirus.

If you have friends or neighbours in the village who might be considered vulnerable, please do what you can to help them, particularly if they are concerned about going out. You can help with shopping, collect prescriptions and run errands and stay in contact so that isolation does not have to mean loneliness.

Help yourself and others:

- Wash your hands frequently and catch coughs and sneezes in a tissue.
- Contact the NHS helpline 111 for medical advice. You should **not** visit your GP surgery if you think you have Coronavirus.
- Stay up to date using trusted sources of information (see below).

If you need further support or are aware of someone who needs our help please contact the Parish Council. In the first instance contact Cllr Mike Langhorn on 651821, or Cllr Andy Smith on 650546.

We will update the Parish Council web site with any new relevant advice as it becomes available. Please monitor this, and if you know neighbours without access please keep them informed.

- LPC web site – lighthornepc.uk – go to the News page
- NHS advice on Coronavirus – www.nhs.uk/conditions/coronavirus-covid-19/
- Government advice on Coronavirus – www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response
- World Health Organisation – www.who.int