

St Helens Parish Council
Coronavirus Pandemic Update

The Parish Council are keen to support our local Community at this extremely difficult and challenging time, particularly with the situation literally changing on a daily basis.

First and foremost, we would remind everyone of the Government's advice regarding COVID-19, which is a new illness that can affect your lungs and airways. It's caused by a type of coronavirus. Find out how to protect yourself or check if you need medical help on the NHS website [Guidance for employers and businesses](#) [Guidance on education](#) [Number of coronavirus \(COVID-19\) cases and risk in the UK as follows](#);

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Key Message;

Stay at home if you or someone you live with have either:

- a high temperature
- a new, continuous cough

[Check the NHS website if you have symptoms](#)

Please also note the new [helpline for vulnerable people](#) on the Island;

[01983 823600](#) (7 days a week, 9am to 5pm)

This has been launched by the IOWC for vulnerable people affected by the coronavirus self-isolation measures. The new line has been put in place in partnership with the Island's voluntary networks, to support vulnerable people who do not have a local network of friends and family to support them.

NB. Age UK are asking for additional volunteers, from the fit and the well and those who have time, to support their increased activities – please contact [01983 525282](#) or go to the website.

The Governments advice on social distancing for vulnerable people can be found at the following link;

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Social distancing measures are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport when possible
3. Work from home, where possible. Your employer should support you to do this. Please refer to [employer guidance](#) for more information
4. Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently shut as infections spread easily in closed spaces where people gather together.
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
6. Use telephone or online services to contact your GP or other essential service