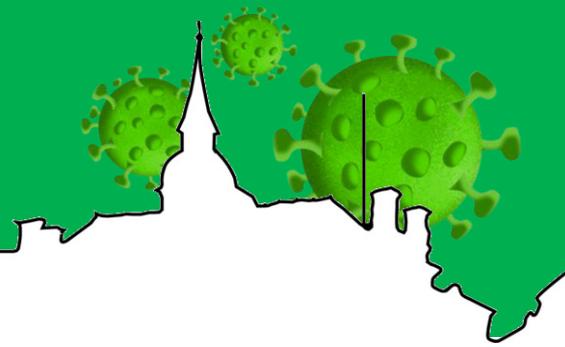


Towcester steps up to combat coronavirus



Dear Towcester Resident,

As we watch the news unfold regarding the Covid-19/Coronavirus outbreak, many of us are wondering what will happen next.

These are difficult times for all of us, for our families, loved ones, friends and neighbours.

Towcester, and our surrounding villages, are known for their sense of community. This is a time when we all need to help one another. So, if you are able, please do try and support those who might be particularly vulnerable. Perhaps there's someone you know who you could call on the phone just to check if they are okay from time to time?

Not letting people feel lonely and isolated can be as important as having food on the table. If a neighbour can't get out to shop – perhaps could you help pick up some groceries for them? Could you help an elderly relative or friend access video calling via Facebook Messenger or WhatsApp, to help them to see a friendly face?

Local people have already taken the great initiative of setting up a Facebook support group called '[Coronavirus Community Support Towcester](#)'. If you can help in your community, please join the group and offer your support and [register as a volunteer via Northamptonshire County Council's website](#) (details overleaf).

Also, when you are doing your weekly or daily shop please remember to leave enough products on the shelf for the next person. We are assured that there is plenty of stock to go around if everyone only takes what they need. Our supermarkets are receiving deliveries daily so there is plenty to go around for everyone if we are careful. Please also consider purchasing additional items for Towcester Foodbank for those unable to buy extra supplies.

Towcester Town Council would like to thank all those who are helping to deal with this emergency including our local doctors, nurses and other medical staff, ambulance and emergency staff and all those in public and private sector services who are responding. Our supermarket staff have been under pressure and we thank them too. There are many others, too numerous to mention, who are also playing their part to keep the country running, and keeping people safe, including everyone staying at home to help prevent the spread of the virus.

Together our community will overcome this health emergency.

Stay safe.

Councillor Lisa Samiotis

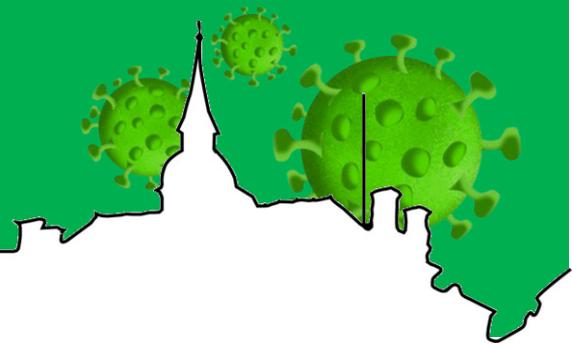
Towcester Town Mayor

This leaflet is produced by the Towcester Town Council to update residents and their families on the activities being organised within our town to support each other and combat the effects of the Covid-19 outbreak and reflects the situation at the time of printing. Further editions of this leaflet may be issued subject to the changing circumstances.

Leaflet compiled on 9th April 2020 with information and advice correct at that time.



Towcester steps up to combat coronavirus



Northamptonshire County Council is coordinating support efforts. Organisations and individual volunteers (not already enlisted by these organisations) must register via their website to help them receive up to date information and access to critical supply chains. This will help map out where offers of support are available and will ensure those people who need the most help receive it.

[www.northamptonshire.gov.uk/coronavirus-updates/
Pages/volunteer-to-help-those-in-need-coronavirus.aspx](http://www.northamptonshire.gov.uk/coronavirus-updates/Pages/volunteer-to-help-those-in-need-coronavirus.aspx)

**Those requiring help are asked to call the support line
0300 126 1000 (option 5)**

This support line allows those who cannot leave their homes under current restriction and those who have nobody to call upon for help, to request support in getting access to food, prescriptions and other vital services they require.

The key public health message:

For most people, coronavirus will be a mild infection. If you live alone and you have symptoms of the coronavirus illness (a new continuous cough and/or a high temperature), however mild, you must stay at home for 7 days from when your symptoms started.

If you live with others, and one of you has symptoms, then all member of the household must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.

Do not go to a GP surgery, pharmacy or hospital. You do not need to contact the NHS to tell them you are staying at home. For more information about when to call 111 and to get further advice, please visit:

www.nhs.uk/conditions/coronavirus-covid-19/

Unless you are a key worker or cannot work from home, you must stay at home to prevent the virus from spreading. You may only leave your home:

- **For shopping for basic necessities**, such as food and medicines, as infrequently as possible
- **For any medical need**, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- **For one form of exercise per day**, for example a run, walk, or cycle – alone or with members of your household
- **To travel to and from work**, but only where you cannot work from home.

To prevent the spread of the virus, wash your hands for 20 seconds or use hand sanitiser when leaving and returning home, after blowing your nose, sneeze or cough, eat or handle food. Avoid touching your eyes, nose and mouth with unwashed hands. Double-bag used tissues. Avoid close contact with people who are unwell. Stay 2 metres (3 steps) away from other people when outside. Protect yourself and others.

Other local information points:

- **Towcester Town Council** www.towcester-tc.gov.uk/covid19-support
- **South Northants Volunteer Bureau** www.snvb.org.uk
- **Brook Health Centre** www.brookhealthcentre.co.uk (Tel: 01327 323900)

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