

A close-up photograph of a person's hands being washed under a stream of water from a chrome faucet in a white sink. The background shows white tiled walls. The image is overlaid with a blue and green gradient banner at the top and bottom.

# COVID-19 COMMUNITY PACK



**COTSWOLD**  
DISTRICT COUNCIL

## INTRODUCTION

This pack is to support you and your community during the ongoing COVID-19 situation.

Within it you'll find a list of key contacts, resources and information in one place, which we hope you can share with your community to support each other as much as possible during this time.

## CONTENTS

- Health advice
- Useful web links
- Useful contact numbers
- Social media advice
- What can you do as a community?
- A template form you may wish to use should any of your community have to self-isolate and require support
- Public Health England materials

## HEALTH ADVICE

The NHS has some simple advice to avoid catching or spreading COVID-19:

- Stay at home advice – [www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)
- Wash your hands with soap and warm water often – do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell

## USEFUL LINKS

The following links provide useful, factual and regularly updated information on COVID-19, please feel free to share these with your communities.

- Follow the latest stay at home advice at [www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)
- Overview of COVID-19 – what is it? [www.nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)
- Number of COVID-19 cases in the UK, including the affected areas – information can be found on the county council website, [gloucestershire.gov.uk](https://gloucestershire.gov.uk)
- NHS 111 – [111.nhs.uk/covid-19](https://111.nhs.uk/covid-19)
- This sort of incident could cause undue pressure and anxiety. The NHS Every Mind Matters website has some really simple useful tips and advice to support good mental health – [www.nhs.uk/oneyou/every-mind-matters](https://www.nhs.uk/oneyou/every-mind-matters)
- Public Health Campaign Resource Centre (you'll need to register) – <https://campaignresources.phe.gov.uk/resources/campaigns> for the latest posters, videos and social media graphics.
- Gloucestershire County Council's COVID-19 information page – [gloucestershire.gov.uk/covid-19](https://gloucestershire.gov.uk/covid-19)
- Cotswold District Council's COVID-19 information page – [cotswold.gov.uk/coronavirus](https://cotswold.gov.uk/coronavirus)

## USEFUL CONTACT NUMBERS

- NHS 111 – only call **111** if you cannot get help online
- Education queries – phone the Department for Education on **0800 046 8687**
- Gloucestershire County Council - **01452 425000**
- Cotswold District Council – **01285 623000**

## SOCIAL MEDIA

Social media is a valuable tool at a time like this, but it can also contain mis-information and rumour, which isn't helpful. The following Twitter ([www.twitter.com](http://www.twitter.com)) accounts will be regularly posting out the latest factual advice and information related to COVID-19:

- Public Health England – [@PHE\\_UK](https://twitter.com/PHE_UK)
- Department of Health and Social Care – [@DHSCgovuk](https://twitter.com/DHSCgovuk)
- Gloucestershire County Council - [@GlosCC](https://twitter.com/GlosCC)
- Cotswold District Council – [@CotswoldDC](https://twitter.com/CotswoldDC)
- NHS England – [@NHSEngland](https://twitter.com/NHSEngland)  
The NHS advises to only trust NHS organisations on Twitter that are 'blue-tick verified'
- Gloucestershire Police – [@Glos\\_Police](https://twitter.com/Glos_Police)
- Gloucestershire Fire & Rescue Service – [@GlosFire](https://twitter.com/GlosFire)

## WHAT CAN YOU DO AS COMMUNITY?

Your communities are strong and resilient and there are simple things you can do to help them continue to thrive.

Can you help your neighbour by:

- Making sure they have enough food and other general supplies to cover a few days - **there is no need to panic buy though**
- Walking their dog, picking up a prescription, putting out their bins or taking in a parcel
- Phoning, Skyping or facetimeing them so they can see a friendly face, helping to reduce their isolation
- Sharing child care or other caring responsibilities
- Checking if any of their planned appointments have been cancelled before they travel
- Making sure they have some simple recipes to hand, if they are not the normal chef or have done some batch cooking for the freezer.
- And a final plea, please be responsible with your comments and actions, so as not to cause undue concern or anxiety within your community.
- It's important that we all continue to follow the national advice and guidance which can be found at [www.nhs.uk](http://www.nhs.uk).

## SUPPORT FOR BUSINESSES

The best source of advice for businesses, which includes more detail on all [national business support schemes](#), is GOV.UK.

The Chancellor set out a package to support businesses through the disruption caused by COVID-19. The current package includes:

- a statutory sick pay relief package for SMEs
- a 12 month business rates holiday for all retail, hospitality and leisure businesses in England
- small business grants of £10,000 for all business in receipt of small business rate relief or rural rate relief
- grant funding of up to £25,000 for retail, hospitality and leisure businesses with property with a rateable value between £15,000 and £51,000
- the Coronavirus Business Interruption Loan Scheme to support long-term viable businesses who may need additional finance
- the HMRC Time To Pay Scheme
- \* This is a central Government package but we will administer the business rates and grant funding elements.

## COMMUNITY AID

Gloucestershire's councils and partners have created a community help hub to connect local people who need help, with other who can provide the support they need - [gloucestershire.gov.uk/gloucestershires-community-help-hub/](https://gloucestershire.gov.uk/gloucestershires-community-help-hub/)

### Benefits & Support

- Cirencester Foodbank - [cirencester.foodbank.org.uk](https://cirencester.foodbank.org.uk)
- North Cotswold Foodbank - [northcotswold.foodbank.org.uk](https://northcotswold.foodbank.org.uk)

The Department for Work and Pensions are regularly updating their website with information on how to claim benefits for people who have been affected by Coronavirus.

- Universal Credit Support - [understandinguniversalcredit.gov.uk/coronavirus](https://understandinguniversalcredit.gov.uk/coronavirus)

### Wellbeing

How to protect your mental health and reduce anxiety about Coronavirus - [mind.org.uk/information-support/coronavirus-and-your-wellbeing/](https://mind.org.uk/information-support/coronavirus-and-your-wellbeing/)



HM Government

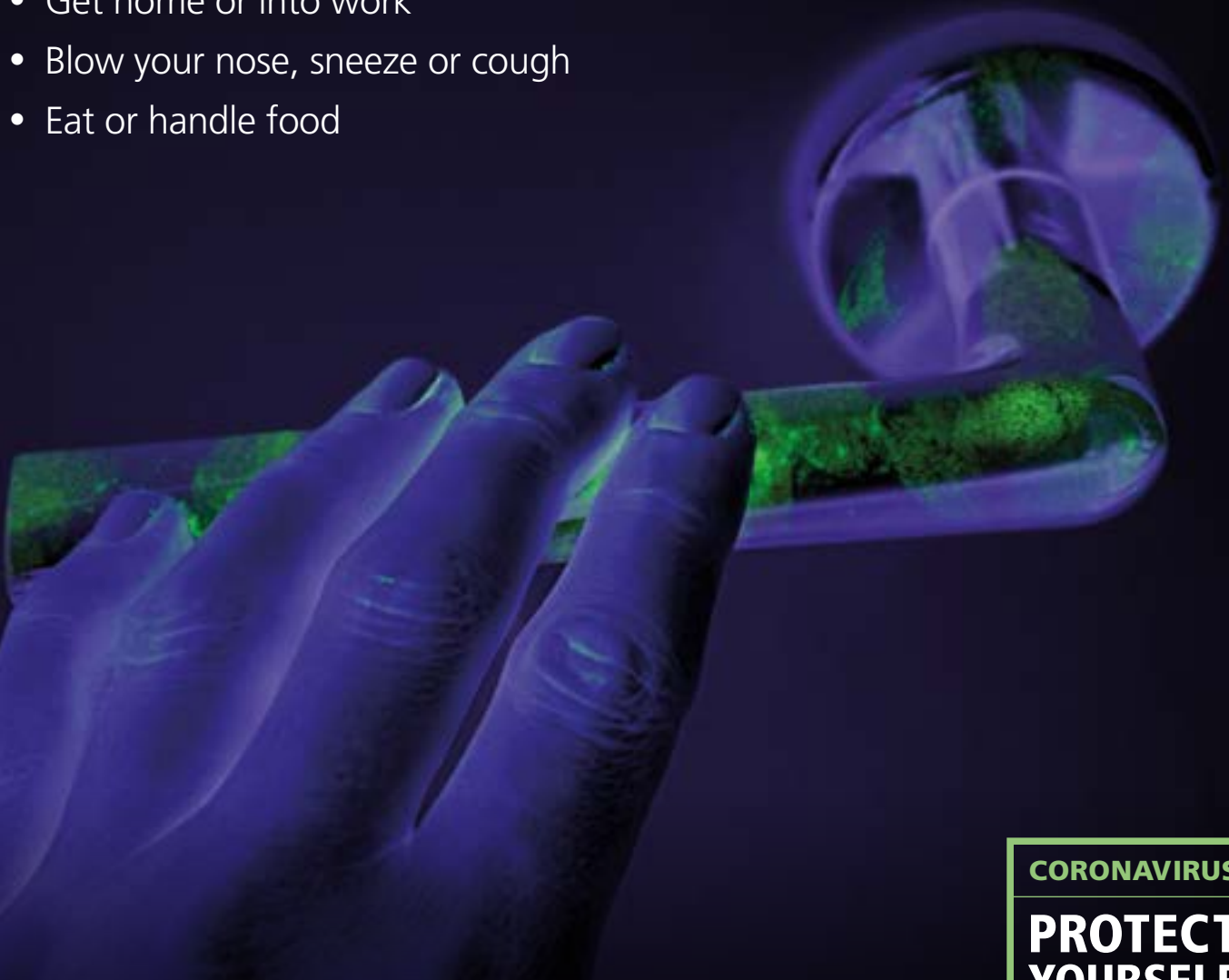
**NHS**

# Coronavirus

## Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



For more information and the Government's  
Action Plan go to [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

**CORONAVIRUS**

**PROTECT  
YOURSELF  
& OTHERS**



# **CORONAVIRUS**

## **WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS**

**Use soap and water or a  
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's  
Action Plan go to **[nhs.uk/coronavirus](https://nhs.uk/coronavirus)**



# Coronavirus

## Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.  
Dry hands thoroughly.

**CORONAVIRUS**

**PROTECT  
YOURSELF  
& OTHERS**



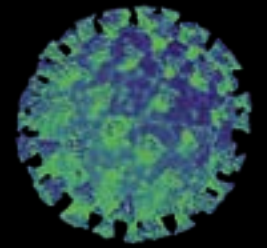


# Coronavirus

## Isolate your household

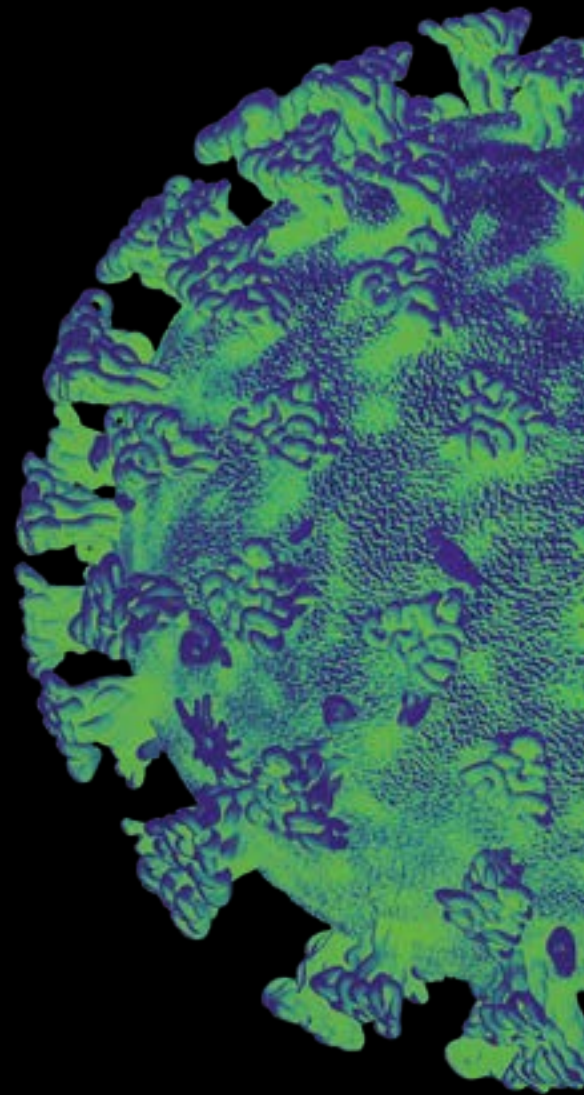
## Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild



- ✔ **Everyone in your household must stay at home** for 14 days and keep away from others.
- ✘ **DO NOT** go to your GP, hospital or pharmacy.
- ✔ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)



**CORONAVIRUS**

**PROTECT  
YOURSELF  
OTHERS &  
THE NHS**



# Coronavirus

## Wash your hands more often



Coronavirus is a serious illness that can make you very ill.



The best way to not catch it is to wash your hands more often for 20 seconds.



Use soap and water or a hand sanitiser when you:

- Get home or into work



- Blow your nose, sneeze or cough



- Eat or touch food

Find out more at  
[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

CORONAVIRUS

**PROTECT  
YOURSELF  
& OTHERS**