

CORONAVIRUS NEWSLETTER

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Stay at home to stop coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your

household

- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2

metres apart from anyone outside of your household.

There is separate advice about:

- [staying at home if you're at high risk of getting seriously ill from coronavirus](#)
- [staying at home if you or someone you live with has symptoms of coronavirus](#)

How to stop infection spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get back home
- 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 immediately and wash your hands afterwards

Don't

- do not touch your eyes, nose or mouth if your hands are not clean

Looking after your health and wellbeing

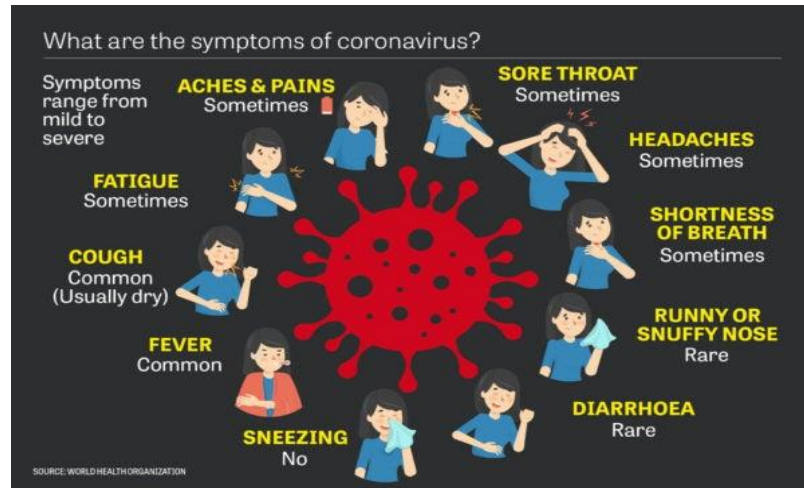
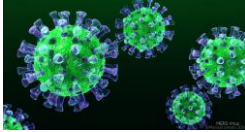
To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

Special points of interest:

- Coronavirus
- FAQs
- Volunteers
- Hastings Borough Council response

Symptom checker



What to do if you need medical help

"For urgent medical help, use the [NHS 111 online service](#)"

If you need medical help for any reason, **do not** go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the [111 coronavirus service](#).

If you need help or advice not related to coronavirus:

- for health information and advice, use the [NHS website](#) or your GP surgery website
 - for life-threatening emergencies, call 999 for an ambulance
 - for urgent medical help, use the [NHS 111 online service](#) – only call 111 if you're unable to get help online
- Read more advice about [getting medical help at home](#).
- If you're pregnant and worried about coronavirus, you can get [advice about coronavirus and pregnancy from the Royal College of Obstetricians and Gynaecologists](#).

People most at risk

People most at risk from coronavirus are sometimes called "shielded" or "extremely vulnerable" people.

This includes people who:

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition or are taking medicine that makes them much more likely to get infections
- are pregnant and have a serious heart condition

Frequently asked questions

Can I see my friends?

We must all stay away from each other to stop spreading the virus, and that means you should not be meeting friends unless you live in the same household.

Instead, you could keep in touch with your friends using phone or video calls.

Can I visit elderly relatives?

No, you should not be visiting family members who do not live in your home.

You should keep in touch with them using phone or video calls.

Where your relatives are elderly or vulnerable, you may leave your house to help them, for example by dropping shopping or medication at their door. You can also help them to order online.

Can I drive to a national park or other green space to walk?

We advise you to stay local and use open spaces near to your

home where possible – do not travel unnecessarily.

You can still go to the park for outdoor exercise once a day but only by yourself or within your household, not in groups.

We ask you to keep 2 metres apart from others outside your household at all times when outdoors.

For more information go to the link at [GOV.UK](https://www.gov.uk)



Hastings Voluntary Action befriending service

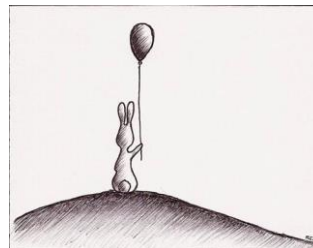
Hastings Voluntary Action (HVA) has launched a new volunteer Telephone Befriending scheme providing emotional support between people in isolation in the Hastings area.

The scheme is to help reduce loneliness in people 'shielding' or self-isolating and can work both ways; for those with time on their hands, becoming a 'telephone befriender' can give them

something positive to focus on, whilst for those with anxiety and no one to talk to, it can provide a lifeline of regular calls and offer signposting to useful support that they may need.

To sign up to receive calls just follow the link below or alternatively just call 01424 444010 and one of the HVA staff will complete the registration for you.

<https://hastingsvoluntaryaction.org.uk/new-s/telephone-befriending-scheme>



"The scheme is to help reduce loneliness"

Hastings Emergency Action Response Team (HEART)



HEART - Hastings Emergency Action Response team is a group of volunteers who are willing to be called on to assist people who may require support and can't get out during the current Coronavirus crisis. This

may involve help with shopping, deliveries, collecting medication, mailing letters, linking you to other support agencies or services locally – or just offering people a friendly ear to chat. Join them on [Facebook](https://www.facebook.com/hastingsheart).

Beaconsfield Group Practice

**Beaconsfield Road
Surgery (Main site),**

**21 Beaconsfield
Road, Hastings, East
Sussex, TN34 3TW**

**Little Ridge Surgery
(Branch site), 38
Little Ridge Avenue,
St. Leonards-on-Sea,
East Sussex, TN37
7LS**

**Beaconsfield Ore
Surgery Site (Branch
site),**

**21 Fairlight Road,
Hastings, East
Sussex, TN35 5ED**

Tel: 01424 755355

**[Beaconsfield
Road Surgery](#)**

Stay at Home guidance

Stay at Home guidance for households: current guidelines illustrated

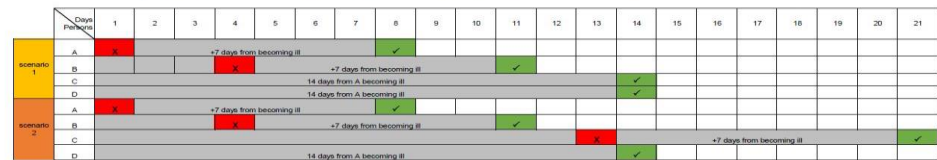
Criteria and guidance applied as known on 17/03/2020:

* Incubation period = maximum 14 days

** Symptomatic individuals stay in self isolation for 7 days from becoming ill (having symptoms). Day 1 is first day of symptoms

* Household members who remain well stay in self isolation for 14 days due to maximum incubation period, calculated from day 1 of first symptomatic person

* Household members do **not** need to restart the clock if other members become symptomatic during the 14 days self-isolation



Key: X = ill/having symptoms
✓ = allowed to go out again

Version 1, 18/03/2020

Local news

[Hastings Borough Council update:](#)

These are unprecedented times. We are working at pace on a huge range of issues, deciding how we can protect our staff and communities by reducing transmission.

We are also working to continue to deliver essential services, provide community leadership, help local businesses and work with the rest of the public sector to manage the impact on NHS and social care providers.

We're asking our office staff to work from home. During this time our phone lines will be more busy than usual. So please bear with us and try our website if you need information and remember you can access many council services online.

We will be regularly updating these pages as the situation evolves and we put more things in place.

- [How can I support my community](#)
- [I need help and support](#)
- [What we are doing](#)
- [What you need to do](#)
- [How our services are affected](#)
- [Advice, support and information for businesses and self-employed](#)