

## CORONAVIRUS (COVID-19)

### Specific Local Advice to help our Community in Leigh on Mendip

The purpose of this short notice is to give some reassurance and consistency of approach within our parish, should it be needed.

Always refer to and follow the LATEST [NHS/Public Health England advice](#) and [Government advice](#).

Support for those who may be self-isolating or need to be extra cautious (e.g. at higher risk):

Please **regularly check** if neighbours and friends are in need of shopping etc. or just a chat.

If you need to self-isolate, **let someone know if you need help**. Generally this is covered by our usual community minded support for each other – but please check and reassure.

A good idea is to distribute a "[Friendship Help Card](#)" to your friends and neighbours offering to help.

If you feel isolated, with a lack of support or contacts, our Parish Councillors will put you in touch with help.

Dave Mattick	Martin Carter	Paula Freeland	David Sparkes	Vicki Taylor	Vicki Trundle
01373 812734	07971 278039	07722 359093	01373 813476	01373 813942	07801 150155

#### Other Sources of Local Information

- Leigh on Mendip website [www.leigh-on-mendip.org.uk](http://www.leigh-on-mendip.org.uk)
- GP Surgeries
  - Mendip Country Practice, Coleford [www.mendipcp.co.uk](http://www.mendipcp.co.uk)
  - Oakhill Surgery [www.oakhillsurgery.co.uk/](http://www.oakhillsurgery.co.uk/)
- Mendip District Council [www.mendip.gov.uk](http://www.mendip.gov.uk)

**Everyone is being reminded to follow Public Health England advice to:**

- **Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.**
- **Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.**
- **Avoid touching your eyes, nose and mouth with unwashed hands.**
- **Avoid close contact with people who are unwell.**