

To all villagers living in the Bartons (Westcote, Steeple and Middle Barton),

IMPORTANT NOTICE REGARDING CORONAVIRUS (COVID-19)

Please follow the NHS guidance if you have symptoms...

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Stay at home if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

<https://111.nhs.uk/covid-19/>

Only call 111 if you cannot get help online.

Guidance on how to avoid catching and spreading coronavirus:

- 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
- 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
- Avoid close contact with people who have symptoms of coronavirus
- Do not touch your eyes, nose or mouth if your hands are not clean
- *Further details can be found on the NHS website*

In the village, we have a group of volunteers who are on hand to help with day to day requirements such as food shopping, pharmacy trips or someone to talk to. We are all in this together. Please contact your parish council representatives if you require support.

Steeple Barton Parish Council (covering Steeple and Middle Barton)

- Kate Carter-Windle (07775750903)
- Andy Hinton (07588615409)
- Jonny Rosemont (07771540530)

Westcote Barton Parish Meeting (covering Westcote)

- Steve Ferrelly (07799347504)
- Rupert Massey (01869340434/07817027252)

Finally, a new telephone support service has been launched by **Age UK Oxfordshire**, offering advice and assistance to older people concerned during this time. Call **01865411288**, leave your name and phone number and you will get a call back as soon as possible. Assistance includes a friendly, weekly call to see how you are and to problem-solve if you are facing practical problems.

IF YOU CAN HELP A FRIEND OR NEIGHBOUR WHO IS ISOLATING AT HOME, PLEASE CUT OUT, FILL IN, AND POP ONE OF THESE CARDS THROUGH THEIR LETTERBOX

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

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