



## WELLINGTON TOWN COUNCIL - CORONAVIRUS UPDATE

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. All details accurate at time of going to press. Full, up to date, information is available at: <https://www.gov.uk/coronavirus> or via TV / Radio / Online.

# 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

### Important

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.

For up to date information see: <https://www.nhs.uk/conditions/coronavirus-covid-19/>  
Information from Thursday 26<sup>th</sup> March.

## Do not leave your home if you have coronavirus symptoms

Do not leave your home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the **111 online coronavirus service** to find out what to do <https://111.nhs.uk/covid-19/>

Information: Only call 111 if you cannot get help online.

For up to date information see: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/>

**We have set out, on the reverse of this leaflet, some numbers that we hope will be useful if you need help.**

## **Wellington Town Council's response to this emergency**

The Town Council is aware that many local residents will face challenges of the Coronavirus. **We would urge those who can safely, to look after neighbours or relatives during the “lock down”**. Please check if they have any needs but ensure social distancing is observed. For instance, do not enter homes, and remain at least two metres away from other people while talking outside; or talk through a door or window.

We are working with other agencies and volunteers to try to ensure that everyone gets the help that they need. This includes passing on information about problems to people that can help. For anyone who does not have support from another member of the family or the community, we will do our best to get you the help that you need.

## **Our details**

Wellington Town Council staff – 07983 697740 or 07496 528389

Facebook : <https://www.facebook.com/WellingtonTownCouncil/>

Website : <https://www.wellingtontowncouncil.co.uk/>

Email: <mailto:info@wellingtontowncouncil.co.uk>

Our office is closed until further notice. But you can still get in touch as staff are working from home and are available weekdays from 9am to 2pm.

## **Vulnerable and needing help whilst self-isolating or social distancing?**

There are a number of organisations which may be able to help with practical problems such as collecting shopping or medicines, or by providing emotional support. Make sure you follow standard safety precautions when interacting with helpers.

## **Spark Community support group.**

To register as an individual needing help: <https://www.corona-helpers.co.uk/>

## **Community Council for Somerset (CCS)**

To register vulnerable/ self-isolating individuals needing help telephone **01823 331222**. Or request a call back by filling out a simple online form. <https://somesetagents.org/agent-call-back/> CCS will pass the request on to the nearest community group able to provide assistance.

## **Government website and telephone number**

For vulnerable who have no help go to [www.gov.uk/coronavirusextremely-vulnerable](http://www.gov.uk/coronavirusextremely-vulnerable) to ask for help or call **0800 028 8327**.

## **Wellington Coronavirus Community Group**

For help with food and medical supplies, deliveries, pet walking or emotional support

Email: [wellingtoncommunitygroup@gmail.com](mailto:wellingtoncommunitygroup@gmail.com)

Telephone: **07871 258048**

**Medical** - For other non- urgent medical matters please contact your local GP:

- Wellington Medical Centre      01823 663551
- Luson Surgery                      01823 662836

**Care** - If you have care needs for either yourself or your children, you may be able to get help from Somerset Direct on 0300 123 2224.