



HAND WASHING

Washing your hands is one of the easiest ways to protect yourself and others.

You should wash your hands for the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds):

1. Wet your hands with water.
2. Apply enough soap to cover your hands
3. Rub your hands together.
4. Use 1 hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.
5. Rub your hands together and clean in between your fingers.
6. Rub the back of your fingers against your palms.
7. Rub your thumb using your other hand. Do the same with the other thumb.
8. Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.
9. Rinse your hands with water.
10. Dry your hands completely.



HOW TO AVOID CATCHING AND SPREADING CORONAVIRUS

It is of the utmost importance to wash your hands with soap and water often – do this for at least 20 seconds. Wash your hands regularly or use a 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. Do not touch your eyes, nose or mouth if your hands are not clean. Avoid close contact with people at least 2 meters away. Only travel on public transport if absolutely necessary. Avoid social activities, such as going to pubs, restaurants, theatres, cinemas and events with large groups of people. Do not have visitors to your home, including friends and family.

SYMPTOMS

The symptoms of coronavirus (COVID-19) are a cough, a high temperature and shortness of breath. Stay at home if you have any of these symptoms. Having a high temperature you will feel hot to the touch on your chest or back. You may develop a continuous cough, meaning you've started coughing repeatedly. These symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

IMPORTANT INFORMATION

Week beginning 23rd March 2020 until further notice I will be working from a number of locations depending on the need; this is due to the government's advice.

I will be unavailable on Monday 23rd March.

From Tuesday 24th March I will be available between the hours of 9:00am to 16:45pm, via telephone/text 07970 345 545 or email me at: maria-mcintosh@tamworth.gov.uk please don't hesitate to contact me.

I have a few of your phone numbers and email address so I will call, text or email (whatever you prefer), each day to check you're ok.

Please contact me so I have your up to date details/ information so I can still support you.

Keep safe Eringden, hope to see you all soon.

Maria :)



COVID-19 AKA CORONAVIRUS INFOMATION

March 2020