

## AUSTWICK AND AREA RESIDENTS - supporting each other during Coronavirus



ARRANGING  
DELIVERIES



PICKING UP  
SHOPPING &  
MEDICATION



A FRIENDLY  
PHONE CALL



POSTING  
MAIL



URGENT  
SUPPLIES



HELP TOPPING  
UP ELECTRIC  
OR GAS KEY

If you are self-isolating there is a group of volunteers in Austwick ready to help. Coordinated via Crossleigh Stores & Post Office, services being offered also include dog walking, taking bins out, etc.

**NEED SUPPORT?** If you want to ask for help, please contact any of the people below, or use the social media sites.

**GIVE SUPPORT?** If you would like to support the community and volunteer to help your neighbours, please contact any of the people below, or use the social media sites.

**Crossleigh Stores & Post Office.** Ian and Michelle. 01524 251415, [crossleighstores@outlook.com](mailto:crossleighstores@outlook.com), [facebook.com/crossleighstores](https://www.facebook.com/crossleighstores).

**Revd John Davies.** 01524 805928, [john.davies@leeds.anglican.org](mailto:john.davies@leeds.anglican.org), [facebook.com/AustwickMutualAid](https://www.facebook.com/AustwickMutualAid).



**Austwick Area Covid-19 Mutual Aid.** This is a local Facebook page to support the most vulnerable and isolated in our community during the Covid-19 outbreak.

***If you are self-isolating:*** please use this page to find and/or exchange information and advice, and to request help eg with shopping and prescription deliveries.

***If you would like to volunteer*** to help those self-isolating, please use this page to make contact. [facebook.com/AustwickMutualAid](https://www.facebook.com/AustwickMutualAid).



**Austwick Parish News.** Church and community news from the Parish of Austwick, Eldroth, Feizor, Lawkland and Wharfe.

[twitter.com/AustwickNews](https://twitter.com/AustwickNews).

**Austwick Church is open as usual every day during daylight hours** and a specially-produced booklet 'Prayers in a time of the Coronavirus outbreak' is freely available in church or from Revd John Davies. A weekly Churches Newsletter will be produced with updated community information and devotional material. Available by email or can be delivered through your letterbox on request.

**COVID-19 (the new novel coronavirus) is a new illness that can affect your lungs and airways. Let's work to prevent the spread.**

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## **STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS**

### **Stay at home for 7 days if you have:**

- A high temperature: You feel hot to touch on your chest or back.
- A new, continuous cough – this means you've started coughing repeatedly.
- If someone in your home has a persistent cough or fever. Everyone living there must stay at home for 14 days.

**DO NOT** go to a GP surgery, pharmacy or hospital. Read the NHS advice about staying at home:

**[nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice)**

## **HOW TO AVOID CATCHING OR SPREADING CORONAVIRUS**

- Stay home where possible. Stop non-essential contact with others and non-essential travel.
- Wash your hands with soap and water often, for at least 20 seconds.
- Avoid touching common public surfaces such as metal or plastic.
- Use 60% alc. hand sanitiser gel if soap and water are unavailable
- 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.
- Try to avoid close contact with people who are unwell.
- Do not touch your eyes, nose or mouth if your hands are not clean.

## **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.
- **Only call 111 if you cannot get help online.**

## **HOW CORONAVIRUS IS SPREAD?**

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

## **TREATMENT FOR CORONAVIRUS**

There is currently no specific treatment for coronavirus. Treatments are being tested. The earliest a vaccine is likely to be available is 2021.

**Use Paracetamol to help with lowering a fever.** Avoid anti-inflammatory medication such as ibuprofen, as this may worsen the symptoms.

Antibiotics do not help, as they do not work against viruses.

## **SHOUT CRISIS TEXT LINE**

**\*NOT FOR MEDICAL ADVICE\***

For anyone struggling with their mental health in isolation or suffering from anxiety or worry. Please text SHOUT to 85258.

Shout offer free 24/7 textline support for those feeling in crisis.

**Even if you're self-isolating, you're not alone.**

**We washed our hands before delivering these.**