



KINGSTON NEWS

“Looking After Your Interests”

Kingston Parish Council Newsletter

Issue 24, March 2020

**Message from
the Chairman**



Dear Resident,

This is an extra edition of our newsletter to talk to you about Coronavirus (COVID-19) and how you can keep up to date with the latest government guidance and also find out how to give or receive help locally.

There are many sources of information but please do ensure that you **follow the latest government and NHS advice**. Website links to these are shown on this page. If you do not have the internet, listen out for information on the radio or television. For instance, BBC or Sky News air regular Government daily updates, normally around 5 – 6 pm.

I take this opportunity to send Council’s best wishes to you all at this difficult time.

Keep Safe!

Cllr Geraldine Walker
Chairman Kingston Parish Council

CORONAVIRUS COVID-19 Important Information

Always be sure you are acting on the latest government advice. Here are some links to websites for you to go to:

Government: <https://gov.uk/coronavirus>

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

You may also find it useful to visit the West Sussex County Council website:

<https://www.westsussex.gov.uk/campaigns/coronavirus-covid-19/>

Watch out for SCAMS!

Sadly, there are some scammers trying to make money from this difficult situation. Beware of phone calls or emails asking you for money or to log in to a website (which may look authentic but is there so that the scammer obtains your user name and password). Take care!

LOCAL HELP

Cllr Roger Wetherell is the Co-Ordinator for our Emergency Plan so if you need help please do give him a ring and he will advise you whom to contact. **Roger’s number is 07828 747209** or telephone Cllr David Joyce. **David’s number is 07739 337441**.

We are aware that there are a number of much needed volunteer support networks being established in the parish to help those self-isolating e.g. picking up essential supplies and medication, and our councillors will have those contact details. Let us know if you would like to volunteer and we will pass your details on.

Could you help your neighbour? Perhaps you could drop a note to them like this tear off slip

Note: Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness and not putting yourself at risk. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on the doorstep.

Hello, If you are self-isolating due to the Coronavirus perhaps I can help?

My name is My phone number is

I live locally at

I could help by

- Picking up shopping or urgent supplies
- Getting you some information
- Posting Mail
- A friendly phone call

Just call or text me and I’ll do my best to help you (there is no charge for this neighbourly help)

INFORMATION AND ADVICE - as at 18th March 2020

(please bear in mind that the advice is regularly being updated so you should keep a lookout for new advice)

Feeling Unwell?

Your Local Doctor's Surgery - Advice on our local surgery websites is if you are feeling unwell telephone the surgery – **do not go in person**. Face to face appointments will only be offered after speaking to a clinician by telephone. For repeat prescriptions you can download the NHS app to order online or ask your pharmacist.

Experiencing Coronavirus Symptoms? (NHS Advice)

- 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 with mild symptoms. You do not need to contact NHS 111 to tell them you're staying at home and the NHS will not be testing those self-isolating with mild symptoms.

Anyone with symptoms should stay at home for at least **7 days**.

If you live with other people, they should stay at home for at least **14 days**, to avoid spreading the infection outside the home. After 14 days, anyone you live with who does not have symptoms can return to their normal routine. But, if anyone in your home gets symptoms, they should stay at home for 7 days from the day their symptoms start. Even if it means they're at home for longer than 14 days.

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days. If you have to stay at home together, try to keep away from each other as much as possible.

If your symptoms worsen during home isolation, or are no better after seven days, contact NHS 111 **online** <https://111.nhs.uk/>. **Only** telephone 111 if you cannot get help online (for a medical emergency dial 999)

Keep yourself and others safe – How to avoid catching and spreading coronavirus (social distancing)

Everyone should do what they can to stop coronavirus spreading. It is particularly important for people who:

- are 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

DO

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- 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
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, online services, or apps to contact your GP surgery or other NHS services

DON'T

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family

Help your Neighbour

Does your neighbour need help? Do they have access to the internet? Are they housebound or self-isolating? Are they able to get provisions delivered to their door? Are they feeling socially isolated?

If you don't know the answers to these perhaps you could check and see if help is needed. A simple telephone call or a friendly note through their door with your contact details could make a big difference.

This newsletter was prepared by Kingston Parish Council

In response to the government coronavirus advice, the Council meetings scheduled for 19 March were **cancelled**. Further meeting dates will be kept under review and we will update you in our May newsletter. Val Knight, Clerk of the Council, 33 The Ridings, East Preston, West Sussex BN16 2TW. Website <http://kingston.arun.gov.uk>, e-mail: kingstonpc@yahoo.com.