



HM Government



## We can help control the virus if we all **STAY ALERT**

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance if you go out (2 metres apart where possible)
- Wash your hands regularly



And if you or anyone in your household has symptoms, you all need to self-isolate.

**STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES**

## Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



Protect yourself and others from getting sick

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



### Our Surgery details:

East Quay Medical Centre  
East Quay  
Bridgwater  
Somerset  
TA6 4GP

**Reception:** 01278 444666

**Prescriptions:** 01278 446006

[www.eastquaymedicalcentre.com](http://www.eastquaymedicalcentre.com)

You can now find us on Facebook  
Under “East Quay Medical Centre”



This page is updated regularly with all relevant information and support available.

**During the Coronavirus pandemic – never feel alone.**  
**Communication and exercise is key**

**NEVER ALONE**

NSPCC  
0808 800 5000  
(24hrs)

National Domestic Abuse Helpline  
0808 2000 247  
(24hrs free)

Mind  
0300 123 3393  
(Mon-Fri 9-6)

Victim Support  
0808 168 9111  
(24hrs)

Cruse Bereavement  
0800 808 1677  
(Mon-Fri 9-5)

ChildLine  
0800 1111  
(24hrs)

Action on Elder Abuse  
0808 808 8141  
(Mon-Fri 9-5)

Respect - Men's Advice Line  
0808 801 0327  
(Mon-Fri 9-5 or 8pm)

Samaritans  
116 123  
(24hrs free)

National Centre for Domestic Violence  
0207 186 8270

# Make Yourself Heard

**In danger, need the police, but can't speak?**

- 1** Dial 999
- 2** Listen to the questions from the 999 operator
- 3** Respond by coughing or tapping the handset if you can
- 4** If prompted, press **55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.

#MakeYourselfHeard  
 #SilentSolution  
[www.policeconduct.gov.uk](http://www.policeconduct.gov.uk)



Led by **IOPC** Independent Oversight Police Conduct  
 Supported by **women's aid** and women & children are safe **NPCC** National Police Chiefs' Council

**x1, x2... Exercise more than once a day**

**Alone**

**With your household**

**or with 1 other person outside of your household**

2m

officialsportengland

**P.E. WITH JOE**

**Monday - Friday**

**9am Live on YouTube**

**The Body Coach TV**

**#PEwithJOE**





# I'M AN ADULT GET ME OUT OF HERE...!



Use these simple physical activity ideas to stay active at home. You can follow the instructions or make your own changes.



**1**

## EQUIPMENT NEEDED

- Any soft toys around the house
- Clean and safe recycling
- Soft household items such as cushions and blankets
- Any sports equipment you may have

**2**

## I'M AN ADULT GET ME OUT OF HERE !!!

Start with as much equipment as you can find at one side. One adult lays down at the opposite side. Taking turns, one player at a time runs out (or you can be creative and try different movements) and picks up one piece of equipment. Bring the piece of equipment back and bury the adult using the equipment. Set a time limit to see how much equipment you can pile on top of your adult. When the time is up have a go at counting how much equipment you have collected and then let your adult shake off all the equipment, shouting "I'm an adult get me out of here!!!"

**3**

## 'CHANGE IT UP'

S - Space, can you use a new space  
T - Task, can you change the task the players have to perform  
E - Equipment, how can you use the equipment differently?  
P - People, swap roles around.



**FREE TO PLAY**

**IDEAL FOR EARLY YEARS**

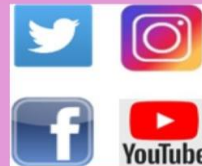
**MINIMAL EQUIPMENT**

**MORE ACTIVITIES ONLINE**



**4**

**SHARE YOUR PICTURES WITH US ON OUR SOCIALS**



## Enjoy being active!

**Eat Well** - Try to eat a variety of nutritious foods and remember to drink plenty of water

**Be Active** - Set yourself a goal to do at least 30 minutes of exercise on 5 days a week.

**Rest** - Aim to have relaxation time and 8 hours of good sleep a night

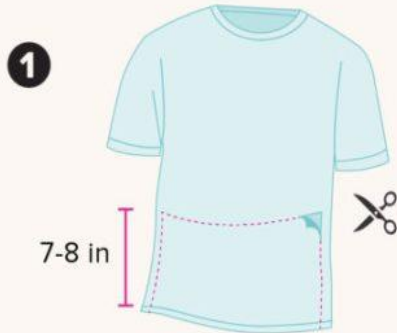
**Play** - Spend time doing things you enjoy. Maybe playing games, cooking, crafts or socialising.

Try not to sit down for long periods of time – aim to get up and walk around at least once an hour.

These are all part of living well.

# How to make your own face masks

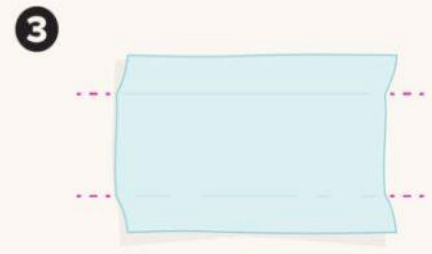
## Making a cloth face mask without filter



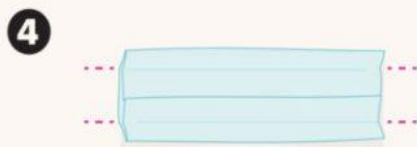
1 Lay an old t-shirt out on a flat surface. Using a ruler or cloth tape measure, start at the bottom of the shirt and measure up 7–8 inches.



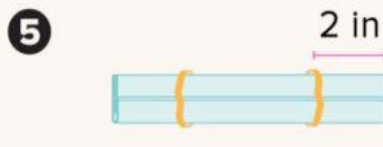
2 Cut up and across. You'll end up with a big rectangle. This will be the material for your face mask. Place the remaining material from the t-shirt to the side.



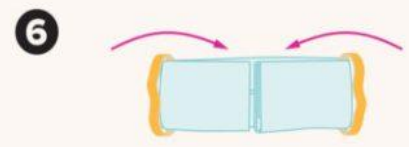
3 Place the rectangular piece of fabric on a flat surface and fold the material from the bottom to the middle. Then fold the material from the top to the middle.



4 Fold it again from the bottom to the middle, and the top to the middle. This will be your mask.



5 Loop a rubber band or large hair tie around each end of the fabric, about 2 inches in from the end of the fabric.



6 Fold the right side in towards the center, then the left side in towards the center. The two should meet.



7 Grab the mask by the rubber bands or hair ties and place over your mouth, securing each side by wrapping the band or hair tie around your ear. This should be tight enough to keep the mask in place.

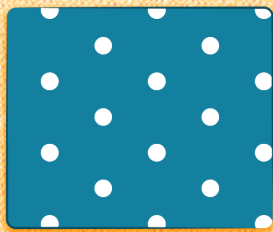


## The one that needs sewing

Hand sew or machine sew hems



### Materials



Cloth



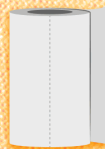
Needle and thread



Scissors

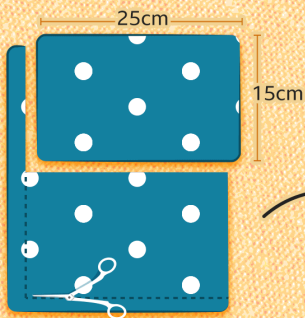


Elastic



Kitchen towel

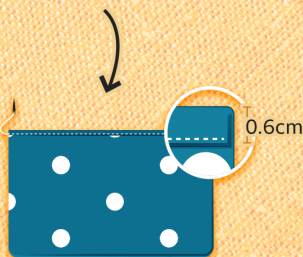
### Start



Cut two cloth rectangles  
25cmx15cm



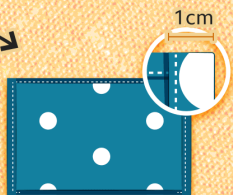
Place on top of each other,  
lengthways



Fold over the top of the fabric  
0.6cm and stitch all the way  
across



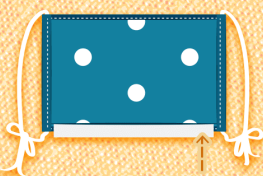
Fold the bottom up and stitch  
2.5cm inwards from the edge on  
either side - this will create a  
filter pocket



Fold the shorter sides in about  
1cm and stitch - leaving a gap  
to thread elastic



Thread a 15cm piece of elastic  
through the hem on one side  
and tie the ends. Repeat on  
the other side



Put kitchen paper inside pocket as filter

Gather the side of the mask on  
the elastic and adjust so the  
mask fits your face. Then, stitch  
the elastic in place.



Source: CDC

BBC

## The one with the t-shirt:

Cut up t-shirt\* and pin together



### Materials



T-shirt



Scissors



Kitchen towel



Pins

### Start



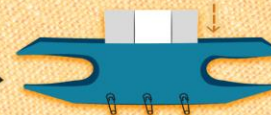
Draw pattern across arms  
and body of t-shirt



Cut along pattern so you  
have two layers from front  
and back of t-shirt



Pin one side



Insert non-woven fabric material,  
coffee filter, paper towel



Pin other side

Tie at back so it is tight  
across nose and tight  
under chin



\*Always ask the t-shirt owner's permission

Source: New York Times

BBC



HM Government

NHS

**WEAR A FACE COVERING  
IF YOU CAN**

- AT THE SHOPS
- ON PUBLIC TRANSPORT
- IN ENCLOSED SPACES

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**





# Coronavirus: what it means for you if you have heart or circulatory disease

## **I have a heart or circulatory condition – am I at increased risk of coronavirus?**

We know that this is a frightening time for lots of people, especially if you already have a health problem. Most people with coronavirus (Covid-19) have mild symptoms and make a full recovery. Having a heart or circulatory condition probably doesn't make you any more likely to catch coronavirus than anyone else. But if you have a heart condition it may mean that you could get more ill if you catch it, so it's really important to protect yourself.

Anyone with a heart condition is considered at high risk of more severe complications of Covid-19 coronavirus.

It's important you keep up to date with the government's advice.

## **Am I in the "shielding" group who are advised to stay at home?**

Some heart patients are considered at extremely high risk of severe illness from coronavirus and are asked to "shield" to protect themselves. You are in the shielding group (at highest risk) if:

- you have had a transplant at any time, including a heart transplant.
- you are pregnant and have significant heart disease - defined by experts as any of the following: coronary heart disease (if you have symptoms), hypertrophic cardiomyopathy (if it affects your heart function), thickening of the heart muscle (left ventricular hypertrophy) caused by high blood pressure, pulmonary arterial hypertension, a narrowed or leaking heart valve if this is moderate or severe, heart failure that affects your left ventricular function, significant congenital heart disease.

If you are in one of these groups, you are advised to protect yourself by staying at home, and avoiding contact with people you live with. This is called shielding. If this applies to you, the NHS will get in touch with you directly with advice. If you think you fall into one of these groups but have not received a letter, email or text by now, you should talk to your GP or specialist doctor or nurse.

## ***Even if you are not in the highest risk group, you may still be at particularly high risk because of your heart condition if:***

- You have heart disease and you're over 70
- You have heart disease and also have lung disease or chronic kidney disease
- You have angina that limits your daily life or means you have to use your GTN frequently
- You have heart failure, especially if it limits your daily life or you've been admitted to hospital to treat your heart failure in the past year
- You have heart valve disease that is severe and causes symptoms (such as if you regularly feel breathless, or you have symptoms from your heart valve problem despite medication, or if you are waiting for valve surgery). A heart murmur that does not cause you symptoms doesn't put you at high risk
- You have had open-heart surgery in the last three months (including heart bypass surgery)
- Cardiomyopathy (any type) if you have symptoms such as feeling out of breath, or it limits your daily life, or you've been told you have problems with your heart function
- Congenital heart disease (any type) if you also have any of the following: lung disease, pulmonary hypertension, heart failure, you're over 70, you are pregnant, or if you have complex congenital heart disease (such as Fontan, single ventricle or cyanosis). Read our information about coronavirus if you have congenital heart disease.

**Covid-19 coronavirus is a new disease and we don't know everything about who is most at risk of complications. Other heart patients may still be at particularly high risk or high risk. It's possible that other conditions could put you at risk that we don't know about yet, so it's important that everyone works hard not to catch or spread coronavirus and keep updated with all the government advice.**

## **If you or someone you live with gets coronavirus symptoms again?**

You may need to stay at home (self-isolate) again if you or someone you live with gets symptoms of coronavirus (COVID-19) more than once.

It depends if you had a coronavirus test before and, if you had a test, what your result was.

The main test results are negative (you did not have coronavirus) or positive (you had coronavirus).

### **If you did not have a test or it was negative**

You should self-isolate again if you or someone you live with gets coronavirus symptoms and you did not have a test before, or you tested negative.

The symptoms are a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste.

If you're self-isolating, no one should leave your home for any reason.

- Anyone with symptoms should self-isolate for 7 days from when their symptoms started.
- Anyone who does not have symptoms should self-isolate for 14 days from when the first person in your home started having symptoms. This is because it can take up to 14 days for symptoms to appear.

### **If you had a test and it was positive**

You do not need to self-isolate again if you've tested positive for coronavirus before.

- If you get symptoms and you've tested positive before, no one in your home needs to self-isolate.
- If someone you live with gets symptoms, anyone who has not tested positive before should self-isolate again.

## **How to treat coronavirus symptoms at home**

There is currently no specific treatment for coronavirus (COVID-19), but you can often ease the symptoms at home until you recover.

### **Treating a high temperature**

If you have a high temperature, it can help to:

- get lots of rest
- drink plenty of fluids (water is best) to avoid dehydration – drink enough so your pee is light yellow and clear
- take paracetamol or ibuprofen if you feel uncomfortable

### **Treating a cough**

If you have a cough, it's best to avoid lying on your back. Lie on your side or sit upright instead.

To help ease a cough, try having a teaspoon of honey. But do not give honey to babies under 12 months.

If this does not help, you could contact a pharmacist for advice about cough treatments.

### **Things to try if you're feeling breathless**

If you're feeling breathless, it can help to keep your room cool.

Try turning the heating down or opening a window. Do not use a fan as it may spread the virus.

You could also try:

- breathing slowly in through your nose and out through your mouth, with your lips together like you're gently blowing out a candle
- sitting upright in a chair
- relaxing your shoulders, so you're not hunched
- leaning forward slightly – support yourself by putting your hands on your knees or on something stable like a chair

Try not to panic if you're feeling breathless. This can make it worse

### **What to do if your symptoms get worse**

It's important to get medical help if your symptoms get worse.

Use the 111 online coronavirus service if:

- You feel you cannot cope with your symptoms at home or your symptoms get worse and you're not sure what to do

### **Call 999 for an ambulance if you or someone you care for:**

- are struggling to breathe
- are coughing up blood
- have blue lips or a blue face
- feel cold and sweaty, with pale or blotchy skin
- have a rash that does not fade when you roll a glass over it
- collapse or faint
- become confused or very drowsy
- have stopped peeing or are peeing much less than usual

*Tell the operator you might have coronavirus symptoms*