

# CORONAVIRUS: LET'S LOOK AFTER EACH OTHER



There's no way of knowing exactly what the next few weeks will bring, but now is the time to be good neighbours. We don't want to frighten anyone, but it's better if we are prepared.

## How can you help?

- Please talk to your neighbours, friends and family NOW. It is possible that if a couple got the virus one after the other, they could be isolated for 4 weeks. They may well need your help. If we all passed our phone numbers to just a few houses either side of us, it could be a great help.
- If you haven't heard or seen your neighbour for a few days, please check they are ok, preferably with a phone call or a note through the door to minimise infection risk.
- Please email Penny at [goodneighbours.nasebypc@gmail.com](mailto:goodneighbours.nasebypc@gmail.com), to add your name and contact details to the register of volunteers. Please let us know if you can help with picking up shopping or prescriptions, posting mail, a friendly phone call, urgent supplies, or anything else you can think of.
- Consider contributing the foodbank collection box in the shop. Items collected will be given to local families in need and to Rugby foodbank.

## How can you get help if you become unwell?

If you do not have anyone near you to contact, please:

- email Penny at [goodneighbours.nasebypc@gmail.com](mailto:goodneighbours.nasebypc@gmail.com); or
- phone Felicity on 07759076161, Liz on 01604740568, or Chris on 07817441948 and we will try to arrange help.

This leaflet includes a notice which you can put in your window if you need help urgently. If you are fit and well and see a notice in a window, please ring one of the numbers above, or try and find out what help is required.

If you catch the virus, or have a neighbour who does, please inform one of the people above or email Penny at [goodneighbours.nasebypc@gmail.com](mailto:goodneighbours.nasebypc@gmail.com)

It is important to look after your mental health too, especially in difficult times. Try to stick to a routine, get some fresh air and keep in touch with friends and family by phone or text. Apps such as Insight Timer are also useful in helping to calm an anxious mind.

**Above all, please do stay safe and follow published guidelines by social distancing as much as possible and self-isolating whenever necessary.**

[goodneighbours.nasebypc@gmail.com](mailto:goodneighbours.nasebypc@gmail.com)