

# COVID-19: five steps to look after yourself and others



## Take care of yourself and stay healthy

One of the best ways to protect others is to protect yourself.

Wash your hands regularly and thoroughly with soap and water for 20 seconds and dry thoroughly.

Isolate yourself from others as much as possible. Stay away from places where people gather, like bars, clubs and cinemas.

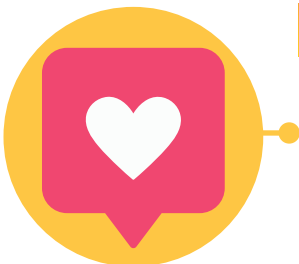


## Call, chat, check

Swap phone numbers with your immediate neighbours. Check on your neighbours and loved ones, particularly if they are elderly or vulnerable.

Help to provide them with food and other essential supplies if you can.

Alert relevant organisations if you are concerned about the well-being of others.



## Be kind. Think of others

Please shop considerately. Don't bulk buy essential items like toilet paper, long-life foods or baby supplies. Use local community social media groups to share information and advice.

Surplus essential supplies? Consider offering them to people in need.

Avoid wasting food - why not sow fast growing seeds like cress or lettuce.

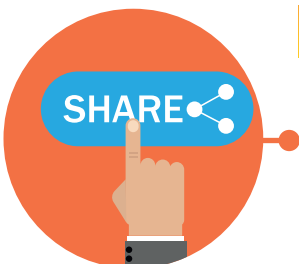


## Get online to stay in touch

Being in self-isolation doesn't mean cutting yourself off from others.

Consider using methods like video calling on your phone or computer to speak to friends and loved ones.

For those who are not online, a telephone call is the ideal way to stay connected.



## Share accurate advice and information

We live in a world of rumour and misinformation - make sure you are accessing and sharing accurate news. Use reputable and verified news sources - if you hear something that doesn't sound right, do some research on websites you trust. Our website is being updated regularly with all the latest news about the ongoing situation.

Visit [www.wisherefordshire.org](http://www.wisherefordshire.org) or get all the latest updates at: [www.herefordshire.gov.uk/coronavirus](http://www.herefordshire.gov.uk/coronavirus)