

# AT HIGH RISK FROM CORONAVIRUS?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Some people are at higher risk of serious illness if they catch it:

- Those aged over 70
- Those with other health conditions
- Those with weakened immune systems
- Pregnant women

## PROTECT YOURSELF

### HYGIENE

Wash hands regularly

Avoid touching face

Use tissues

### STAY AT HOME

Follow the government advice:

Only leave the house to:

- Shop for necessities
- Once a day for exercise
- To travel to work if essential (work from home if possible)
- For medical/care needs

Remain 2m distance from people

### OTHER SOURCES OF SUPPORT:

- <https://www.gov.uk/coronavirus><https://111.nhs.uk/covid-19>
- <https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>
- <https://www.oxfordshiremind.org.uk>

## BE PREPARED

### ENSURE ADEQUATE SUPPLIES

2 weeks worth of food and essentials

Do not panic buy

### ACTIVATE YOUR SOCIAL NETWORK

Speak to neighbours and friends to arrange for help if you become unwell

### PROTECT YOUR WELLBEING

Exercise at home/outside at a distance of 2m from others

Try and eat healthy meals

Do things you enjoy

Ensure contact over the phone or online...talk about how you feel

### BE AWARE OF LOCAL SUPPORT

Many groups, & volunteers are gearing up to help:

In **Long Hanborough** contact:

- Facebook: Hanborough Covid 19 Mutual Aid Group
- 01993 651344

In **Eynsham** contact:

- Eynsham Good Neighbour Scheme: 07443 564516
- [eynshamhelp@gmail.com](mailto:eynshamhelp@gmail.com)
- Facebook: Eynsham Volunteers - Corona Virus Help

## IF YOU DEVELOP A TEMPERTURE OR NEW COUGH...

Stay at home for 7 days

If you live with others, you should **all** stay at home for 14 days

If someone else in the house becomes unwell stay at home for 7 days from symptoms starting

If you cannot cope with your symptoms use the [NHS 111 online](#) service. In an emergency call 999