

**On behalf of the BlackMount Community Council**

**Lifeline service for vulnerable people self-isolating**

**We have set up local volunteer support groups to help those most in need of assistance who are self-isolating due to the Covid-19 virus**

Your local group can help with:

- Picking up essential supplies
- Posting urgent mail
- A friendly phone call
- Picking up prescriptions

This is a free service for the BlackMount community including the following areas: Dolphinton, Elsrickle, Candybank, Walston, Weston, Libberton, Newbigging, Greenshields, Dunsyre, Walton.

Please contact one of the people below if you require assistance and we will do our best to help. Please advise your name, request and location so we can assign a local volunteer to assist you.

- Pauline Irwin - 07767320677
- Nick Tucker - 07966633428
- Nicola Levy - 07739715014
- David Darling - 07828569631

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

The most common symptoms of COVID-19 are a new continuous cough and/or a fever/high temperature (37.8C or greater). You may feel warm, cold or shivery.

Some people will have more serious symptoms, including pneumonia or difficulty breathing, which might require admission to hospital.

Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people and those with long term conditions like diabetes, cancer and chronic lung disease.

If you've developed a new continuous cough and/or a fever/high temperature in the last 7 days, stay at home for 7 days from the start of your symptoms even if you think your symptoms are mild.

If your symptoms worsen contact your GP, phone NHS 24 (111), or if its a medical emergency, phone 999 and tell them you have COVID-19 symptoms.

Further details can be found on the NHS website:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

## 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