

# COVID-19 Blackford Cares

Please consider displaying this card in your window if you are not in need of any assistance

Five things we can continue to do

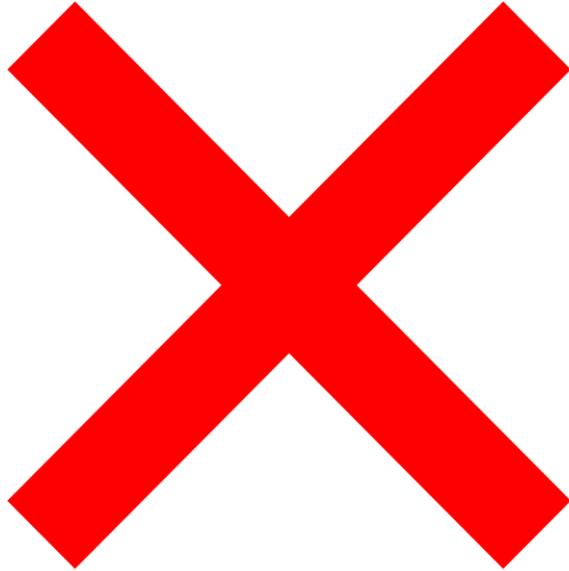
1. Think of others, consider our actions and be kind.
2. Connect and reach out to our neighbours: as self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.
3. Make the most of relationships from existing local groups such as the Rural, the church and our neighbours. Keep up to date, share information and be a positive part of our community conversations.
4. Support vulnerable or isolated people: different groups in Blackford are at increased risk; social isolation and loneliness are key concerns for all ages.
5. Share accurate information and advice: Support anyone who may be anxious about Covid-19. Share the correct advice from NHS Inform Scotland and encourage people to follow the correct hygiene practices.

Advice and action by national and local government will continue to change and many people in Blackford are willing to respond to that and offer to help.

At this point, the [Blackford Cares Facebook Group](#) shares some of that communication. Please look for and share news there.

Zed is not looking for any more offers of help to deliver from the Village Shop (see over). Offers to shop there for neighbours is potentially more helpful at this point.





**It may be helpful to write your phone number here:**

This red notice can be displayed in your window if you need assistance no matter how small or large a task. There is no organised task force or patrolling of the village. Instead it's a way of indicating to your neighbours and other people who you will trust that you could do with some help. Please remove it (or turn to green) when you've received that help.

**This is not a replacement for standard NHS services or advice\*.**

### **What should I do if I have symptoms?**

As of 16 March, anyone developing symptoms consistent with COVID-19 (new continuous cough or a high temperature), however mild, should stay at home for 7 days from the onset of symptoms as per existing advice. You do not need to be tested for COVID-19.

Phone your GP if your symptoms:

- are severe or you have shortness of breath
- worsen during home isolation
- have not improved after 7 days.

If your GP is closed, phone NHS 24 (dial 111).

All individuals living in the same household as a symptomatic person should self-isolate for 14 days (household isolation). Information on COVID-19, including "stay at home" advice for people who are self-isolating and their households, can be found on NHS Inform.

### **What should I do if my symptoms are worsening?**

Seek prompt medical attention if your illness is worsening. If it's not an emergency, contact NHS 24 (dial 111) or your GP. If it is an emergency and you need to call an ambulance, dial 999 and inform the call handler that you may have coronavirus (COVID-19).

Zed has offered to deliver from the Village Shop when necessary. Please call 01764 682245 between 9am and 12 noon. There is no charge for delivery but please be aware of the need to pay for your shopping and to consider other options from neighbours too.

\*COVID-19 Information and Guidance for Non-Healthcare Settings (Version 3.5 published by Public Health Scotland on 20<sup>th</sup> March)