

Midsomer Norton Coronavirus Team Meets

Local Midsomer Norton B&NES and Town Councillors have met for the first time as a Team to coordinate and facilitate a community response based to the Coronavirus in the town. Councillors agreed to provide leadership and spearhead a local communication drive to harness the power of Community.

The first key area the Committee has been focusing on is the personal contribution each and every one can make by following the advice of Public Health England [opposite]. In this way the aim is prevention.

An information leaflet drop is currently being prepared to go to every house – awaiting approval. This is in line with the Team’s work during the last week preparing a Midsomer Norton Coronavirus Community Resilience Plan. This has involved two key pieces of work i) Preparing to make contact with voluntary organisations as a basis for information sharing to support residents, and ii) looking at ways residents can be supported based on a ‘Good Neighbours’ scheme backed with the setting up some sort of locally focused advice/helpline should the virus take hold.

“At this stage our aim has to be to avoid fear of Coronavirus, distracting from the need to work together as a community. As a community its far better to focus now on how to avoid catching or spreading the virus. Talk to your friends and family and encourage everyone you know to follow Health England advice and together we can be prepared”, said Cllr Paul Myers.

Above all the Councillors continue to be clear on the imperative to support the most vulnerable in our community and those they rely upon and to focus on prevention, protection and preparation as well as response. Finally to draw on the self-reliance of residents having got the message out there to increase awareness of the risk.

How to avoid catching or spreading coronavirus

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 straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell

Don't

- do not touch your eyes, nose or mouth if your hands are not clean

Check if you need medical help

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Use this service if:

- you think you might have coronavirus
- in the last 14 days you've been to a country or area with a high risk of coronavirus – see our [coronavirus advice for travellers](#)
- you've been in close contact with someone with coronavirus

Use the 111 coronavirus service

Information:

Do not go to a GP surgery, pharmacy or hospital.

Call [111](#) if you need to speak to someone.

How to self-isolate if you're asked to

If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate). This means you should:

- stay at home
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food

You may need to do this for up to 14 days to help reduce the possible spread of infection.