

Protect yourself from

Coronavirus

Follow advice available from the NHS, visit www.nhs.uk/conditions/coronavirus-covid-19/

DO



Wash your hands with soap and water often, do this for at least 20 seconds.

Use hand sanitiser gel if soap and water are not available.

Wash your hands as soon as you get home.

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.

DON'T



Touch your eyes, nose or mouth if your hands aren't clean.

Let anyone other than those you live with into your home unless it is essential for personal care.

Get closer than 2 metres from anyone other than those you live with.

YOUR WELLBEING



To help yourself stay well while you're at home, stay in touch with family and friends over the phone or social media.

Try to keep yourself busy with things like cooking, reading and phoning friends. why not set yourself a challenge of learning something new or doing that one thing you have always wanted to do but have never had the time. Do light exercise at home, or outside once a day.

STAY AT HOME

PROTECT THE **NHS**

♥ save lives

We're here

to help!



Available from 8am - 8pm seven days a week

01638 667227



Telephone: 0300 330 1151

MONTAZ



Facilitated by

Newmarket Town Council

Newmarket Neighbours In Need

www.newmarketcoronavirus.co.uk

Newmarket

Coronavirus

Community Response



DO YOU OR

SOMEBODY YOU KNOW

NEED HELP DURING

THE COVID-19 CRISIS?



Our community **HELPLINE** can direct you to the support you need, with a network of volunteers from Newmarket's businesses, local services and other organisations ready and waiting to help.

Available from 8am - 8pm seven days a week

COMMUNITY HELPLINE

01638 667227

www.newmarketcoronavirus.co.uk

When to

contact us

As we attempt to halt the spread of Covid-19, the message is clear. We must stay home if we are to save lives and protect our NHS but this is placing significant strain on many people in our community. Those who are self-isolating in line with Government advice may find themselves unable to access the vital supplies they need.

You should contact us if:

- You need help with shopping and/or paying for food and/or prescription pick-up services
- You are suffering any hardship
- You are feeling lonely or worried and would like a friendly chat
- You have any other concerns or issues related to self-isolating

As we look to ensure everybody can get hold of the basic supplies they need, it is important to understand what are essential and non-essential items.

Essential Items

- Basic food & drink
- Medication
- Soap and hygiene products
- Baby products
- Newspapers



Non-Essential Items

- Lottery tickets
- Confectionary
- Gardening Equipment
- Magazines



TESCO Food Boxes

There is the option to have an essentials box delivered for those who are self-isolating. The Town Council have paired up with The Jockey Club and Tesco in order to ensure those staying indoors to protect themselves and others can have essentials delivered to their door. The boxes will contain a selection of items based on current availability of products, therefore we are unable to specify the exact contents of each box. However the purchaser will receive a variety of different foods in each box.

Typically a box for £30 should feed 2 adults for one week and a box for £20 a single person

Vegetarian Box

Canned Baked Beans, Canned Soup, Pasta Sauce, Milk, Cheese, Butter, Bread, Rice and Pasta, Vegetables (ie Potatoes, Carrots and Onions), Vegetarian Proteins, Essential Household items

Meat Eaters Box

Canned Baked Beans, Canned Soup, Pasta Sauce, Milk, Cheese, Butter, Bread, Rice and Pasta, Vegetables (ie Potatoes, Carrots and Onions), Meat products such as sausage, bacon and cooked meat, Fresh meat such as chicken or beef, Essential Household items

How to stay safe when accepting help from others

- If you are receiving voluntary help do not share financial details like credit/debit card numbers or personal information.
- If someone you don't know calls at your home, always ask for ID and always ensure you are comfortable sharing details like your phone number or address. Only provide information on a need to know basis and if you checked their ID. Do not feel pressured into providing information.
- If you have doubts about those who are approaching you, and are concerned, it is advised that you don't engage, and report serious suspicious behaviour to the HELPLINE and the police.
- Remember that genuine volunteers have been instructed not to enter your home, not to get any closer than 2 meters from your door and to offer their ID. **If you have any concerns, call the HELPLINE.**

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PROTECT THE **NHS**

♥ **save lives**

Access to Food and Medication

Tesco

Monday to Saturday 8:00am to 10:00pm,
Sunday 10:00am to 4:00pm.

NHS workers will be prioritised on Tuesdays and Thursdays 9am to 10am. Also, they will be given access to a browsing hour before checkouts open on Sundays.

Waitrose

Monday to Saturday 7:00am to 7:00pm,
Sunday 10:00am to 4:00pm.

Iceland

Monday to Saturday 9:00am to 5:00pm,
Sunday 10:00am to 4:00pm.

Co-op

Monday to Sunday 7:00am to 8:00pm.

NHS workers will be prioritised on Monday to Saturday 8:00am to 9:00am & Sunday 10:00am to 11:00am.

Spar

Monday to Saturday 7:00am to 10:00pm
Sunday 9:00am to 9:00pm

McColl's

Monday to Sunday 06:00am to 11:00pm

Boots pharmacy 01638 662152

Monday to Saturday 08:30am to 6:00pm
Sunday 10:00am to 4:00pm

Tesco pharmacy 01638 460083

Monday to Sunday 10:00am to 4:00pm.

Lords pharmacy 01638 42802

Monday to Saturday 7:30am to 10:30pm.
Sunday 9:00am-7:00pm

Newmarket Food Delivery

Visit www.newmarketcoronavirus.co.uk for up to date information on businesses offering food delivery services during the crisis or call the **HELPLINE 01638 667227**.

