**BOWERCHALKE & BROAD CHALKE COVID 19 SUPPORT NETWORK**

As you will be aware the situation with regard to the Coronavirus and the UK response to it is changing rapidly. What is clear is that as communities we need to help and protect those who are most vulnerable to this virus. With the sanction of both Parish Councils the Bowerchalke and Broad Chalke COVID 19 Support Network has been created to do just that.

At this point the the Network can help those who are ‘self-isolating’ to:

* Obtain and have delivered essential food supplies and medication, and
* Have a regular friendly chat on the phone.

If you or any one you know is ‘self-isolating’ please let us know and we can help them get any support they might need.

Please contact Nicki and Nigel Tinkler

Email: [nandnt@btinternet.com](mailto:nandnt@btinternet.com)

Phone: 07771 967 961

**NHS Advice**

**Stay at home if you have coronavirus symptoms**

Stay at home for 7 days if you have either:

* a high temperature
* a new, continuous cough

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

### Use the NHS 111 online coronavirus service if:

* you feel you cannot cope with your symptoms at home
* your condition gets worse
* your symptoms do not get better after 7 days