



COVID-19 Croy & Culloden Moor Community Council Resilience Group

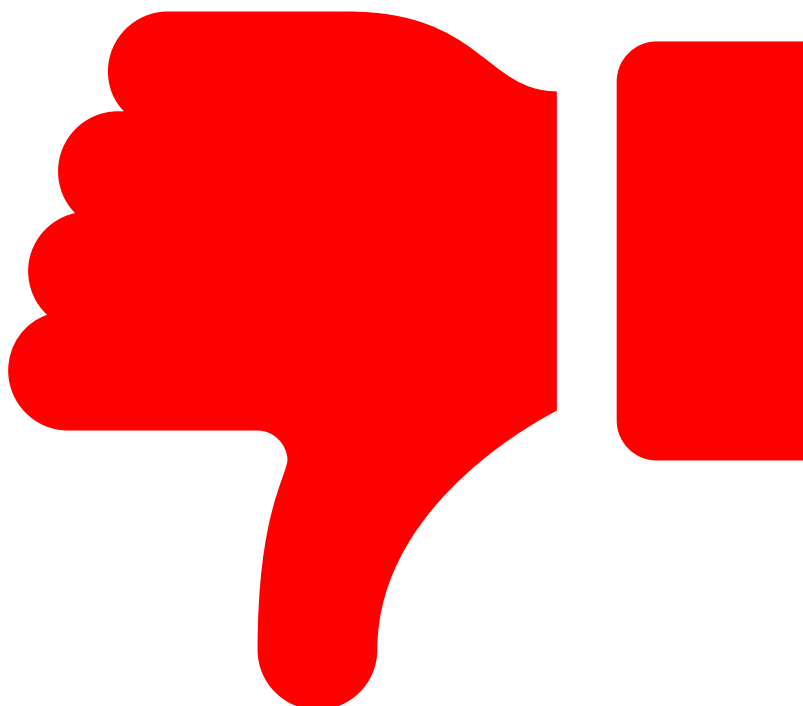
Please assist us by displaying this card in your window if you are not in need of any assistance.

Community action response - five things you can do

1. Think of others, consider your actions and be kind. People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.
2. Connect and reach out to your 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 local online groups: Keep up to date, share information and be a positive part of your local community conversations using platforms like Nextdoor.
4. Support vulnerable or isolated people: different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to foodbanks to help.
5. Share accurate information and advice: Support anyone who may be anxious about Covid-19. Sign post them to the correct advice from NHS Inform Scotland and to encourage people to follow the correct hygiene practices.

If you think you can help the group please contact us on 07391 858897 or <https://www.facebook.com/Covid-19-Support-for-Croy-Community-110931077216122>

Please wash your hands before going to the shop.



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This notice is to be used if you need assistance no matter how small or large a task, we will try to help.

Please display this notice in your window if you require any assistance, alternatively call 07391 858897.

If you display this notice you will be contacted, this is not a replacement for standard NHS services.

If **not** displaying this notice, please display your green notice.

We are here to help you get by while you self-isolate as per NHS guidance below.

Stay at home if you have coronavirus symptoms

Stay at home for 7 days if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

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

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

Urgent advice: 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

Only call 111 if you cannot get help online.

Follow our activities on [https:// www.facebook.com/Covid-19-Support-for-Croy-Community-110931077216122](https://www.facebook.com/Covid-19-Support-for-Croy-Community-110931077216122)