



# Cromarty and District Community Council

## Coronavirus/Covid-19

### Communication from Cromarty & District Community Council

Due to the changing situation with the Coronavirus pandemic, and the potential impacts this may have on our community, we shall continue, like our neighbouring communities, to take advice from official sources. The Scottish Government is publishing daily updates online at [www.gov.scot/coronavirus-covid-19](http://www.gov.scot/coronavirus-covid-19)

However, recognizing the nature of our community as semi-rural and dispersed, there may be situations in the coming weeks/months, whether through self-isolation or illness, when people may need help: for example, with shopping or collecting prescriptions. Of course, as a close community, we already have established family, neighbourly and friendship links to call upon for this support, and we are lucky to have a great bank of volunteers, who also help if called upon.

The Community Council wishes it to be known that, as a last resort, people should feel able to call on us for help. We can offer no special access to resources, expertise or information, but simply practical help if needed.

Contact us at [cromartydistrictcc@gmail.com](mailto:cromartydistrictcc@gmail.com)

We might be facing some challenging times for a while.

Please look out for each other and ask for help if you need it.

Please see the NHS Scotland guidelines [www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus) on what we can all do to try and help prevent the spread of the Coronavirus.

Wishing you all good health

Your Cromarty & District Community Council

(Our thanks to Dores & Essich CC and Straterrick & Foyers CC for allowing us to use extracts of an email that they have circulated throughout their communities regarding the Coronavirus)