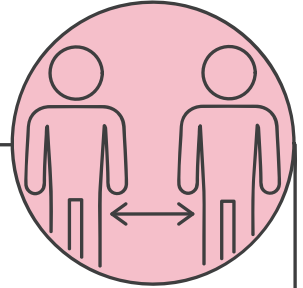


Stay Home, Be Kind.

Everyone has a duty to protect themselves and others, regardless of whether they show symptoms, by minimising the number of people they meet.

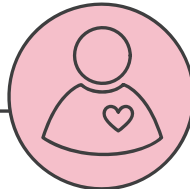
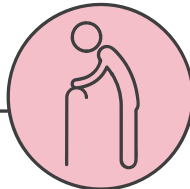


What do the new rules mean?

By social distancing, we can protect the most vulnerable in the community and help our NHS to prepare.

- Stay at home wherever possible.
- Do not meet up with friends and family.
- Work from home if possible.
- Minimise shopping trips and shop at quieter times.
- You can leave the house once a day for exercise. Get fresh air in your garden or by going for walks in your local area. Avoid popular parks which may be crowded.
- Stay 2 metres away from other people.
- Use your phone and computer to stay connected.
- Public gatherings of more than 2 people who don't live together are not allowed.

These measures will be in place for at least the next three weeks.



At Risk Groups

If you have a severe underlying issue you should stay at home in isolation for the next 12 weeks regardless of whether you have symptoms. Visit www.wigan.gov.uk/bekind for a list of specific conditions.

Be Kind.



How to be kind:

- Regularly phone isolated friends and relatives.
- Offer to arrange food shopping for anyone who may be self-isolating.
- Only buy the supplies you need. Do not stockpile.
- Wash your hands regularly for 20 seconds, particularly when you enter and leave the house, prepare and eat food and before you touch your face.
- Catch coughs and sneezes in a tissue and throw away.

Stay Home, Be Kind.

Service Updates

We're working hard to make sure that all essential council services run during this time.

To keep updated please visit www.wigan.gov.uk or follow us on social media.

 @WiganCouncilOnline

 @WiganCouncil

What to do if you get symptoms (high temperature or a cough)

- Your whole household should not go out at all for 14 days from the first symptoms.
- Use 111 online for advice on managing your symptoms. 111.nhs.uk/covid-19
- Do not visit a GP, Pharmacy or hospital.
- Only ring 111 if you feel like you cannot manage your symptoms at home or if they worsen.

Stay Vigilant

Only accept help from those you know and trust.

Do not give money or your personal details out to anyone you do not trust.

Community Hubs

The council has come together with community groups and charities from across the borough in order to set up seven 'community hubs' to ensure those who are vulnerable or self-isolating are supported. For details on locations, how to access help and how to volunteer please visit www.wigan.gov.uk/bekind

Self-isolation support

If you don't have assistance from family or friends call us on: **01942 489018**

or visit: www.wigan.gov.uk/coronavirus

