

# Coronavirus advice for the elderly; Stay safe and well



community  
enterprises PL12

Together We Can, Together We Do.

This leaflet is for the elderly residents of Saltash and its surrounding parishes who may be confused or worried about the current Coronavirus situation.

**If you have an elderly relative or neighbour who you think it would help, please pass this on to them.**

As a volunteer-led Community organisation, we are here to help the residents of Saltash and its PL12 postcodes. Our normal activities - running the Community Hopper buses and the Community Hub - have been suspended whilst we help with the Coronavirus crisis. We hope this information will help, through the challenging weeks ahead.

## Staying well

To help stop the spread of Coronavirus, and safeguard the health of everyone, especially those at greatest risk, please follow current Government advice, which is;

**EVERYONE is being asked to stay at home, even if you don't have any symptoms or other health conditions. You can ONLY leave home to shop for basic essentials, exercise once a day (alone or with someone you live with), for a medical need, or for essential travel to & from work.**

**If you are over 70, have underlying health conditions, (or are pregnant), you are being asked to stay at home and avoid unnecessary, close contact with other people for up to 12 weeks.**

Avoid all social contact, except essential visitors such as NHS care workers. If you need something delivered, it should be left on your doorstep.

**To help stop the virus spreading, wash your hands regularly with soap & water, stay 3 steps away from other people, cover your mouth/nose with a tissue when you cough or sneeze, & put the tissue in the bin immediately and wash your hands afterwards.**

## Your wellbeing

Over the next few weeks, we will all be spending a lot more time at home, so looking after mental and physical health is important.

## Keep busy

Try to keep up with normal hobbies and activities wherever possible. Get creative. If you have a computer, there will be lots of online resources to help. If you don't have a computer, we can deliver books, games & DVDs to help ease the boredom.

## Look after yourself

Go out for a walk, get some fresh air, do some gardening, sit in the sunshine, open a window.

Do something that makes you happy. Think about things that make you happy.

Avoid drinking too much alcohol or smoking. Get plenty of rest.

Carry on taking your usual medications. Follow your usual at-home routines.

Talk to someone. Sometimes, we all feel anxious or worried. It always helps to talk, so chat to family and friends about your feelings. If the news is making you anxious or depressed, limit how much you watch.

Eat a balanced diet with plenty of fruit and veg. (tinned or frozen is just as good as fresh.)

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Community Enterprises PL12 | 4 Fore Street | Saltash | PL12 6JL

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## Staying safe

Lots of people are offering help and support. Most are genuine, but some may be scams. If someone you don't know offers you help, try to find out more about them. Do not feel pressured to accept help from a stranger. If in doubt, do not accept the help. Take their number and ask someone you trust to check them out or call us on 01752 848348.

There are a number of scam emails and phone calls going around. Please ignore all calls claiming to be from a recognised organisation such as HMRC/Government Tax Authorities, from the Government itself, from the World Health Organization (WHO), the Centres for Disease Control and Prevention (CDC) or any other organisation. **Any legitimate organisation will not be emailing or phoning you without your previous consent.** Do not give personal details or money to anyone who calls you. If you are unsure, ask the caller for their number, say you will phone them back – then call us on **01752 848348** and we will check for you. If they can't give you a phone number, then it is definitely a scam and **HANG UP THE PHONE.**

## HOW WE CAN HELP

If you are concerned about anything in this leaflet and would like to talk to someone;

- Call our Hub on 07956814598 between 10am & 4pm
- Call our Helpline 07709 235927 between 4pm & 8pm
- If you have access to a computer, you can email us on [hub@cepl12.co.uk](mailto:hub@cepl12.co.uk)
- If you have a computer, use this link to see NHS advice on coronavirus <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Call Saltash Town Council on 01752 844846 for advice
- Cornwall County Council has the latest information on [cornwall.gov.uk/coronavirus](http://cornwall.gov.uk/coronavirus)
- Our website [www.cepl12.org.uk](http://www.cepl12.org.uk) has information on shop opening times, local food delivery services, and helplines for other organisations. This is being continuously updated.

If you are elderly and self-isolating, and need someone to go shopping for you, call us and we can shop for you or arrange delivery of a foodbox of basic essentials. Our website shows information on local restaurants & cafes who are delivering cooked meals, or email us for a copy.

We have a library of games, jigsaws, board games, books and dvds (films, tv series, documentaries) which we can loan to you and deliver to you when Government advice allows. When you want to swap, just let us know. This is a free service for the elderly, we just ask that you call us when you have finished with the items, so that others can enjoy them.

We are distributing a Military Quiz for anyone who has served in the Armed Forces. If you would like to take part, call the Hub on 01752 848348 and we can deliver it to you when Government advice allows.

**PLEASE PASS THIS ON TO ANY ELDERLY PERSON YOU THINK IT MAY HELP.**

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