

First Response: 01296 383962



Be vigilant, there has been a rise in coronavirus related scams with criminals exploiting fears about COVID-19 to prey on members of the public, particularly older and vulnerable people including:

- Door-Stop Crime: targeting older people on their doorstep and offering to do their shopping. Thieves take the money and do not return.
- Online Crime: Parents being sent e-mails asking for their banks details for Free School Meals
- Bogus demands for donations and health supplements that claim to prevent infection

Please [click here](#) for further information and advice from National Trading Standards.

Concerned residents or anybody with information about coronavirus-related scams are being asked to e-mail



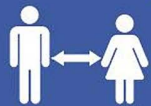
We can all help in the fight against the spread of Covid-19 as we have a responsibility to ourselves and others:

Hygiene



- washing your hands more often - with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- avoid touching your eyes, nose, and mouth with unwashed hands
- cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands
- clean and disinfect frequently touched objects and surfaces in the home

Social Distancing



- avoid contact with someone who is displaying symptoms- see NHS website for symptoms & what to do.
- avoid non-essential use of public transport when possible
- work from home, where possible.

Vulnerable People



- avoid gathering with anyone outside of your household; keep in touch using phone, internet, social media.
- use telephone or online services to contact your GP or other essential services
- the vulnerable include; the over 70's, those with underlying health condition, pregnant women and more.
- if you already receive support from health and social care organisations, this will continue

Stay Healthy



- home exercises such as aerobics, yoga and dancing can improve your health and lift your mood
- walking, running or cycling outdoors in line with 1 hour government guidelines
- mental health is important, so keep in touch with friends and family by phone or social media
- include plenty of fruit, vegetables and water to your daily diet