



COVID-19

The situation regarding the Coronavirus (COVID-19) is a fast-paced and constantly evolving situation. As such it is important that you and your family are able to follow the latest information and advice.

The [UK government](#), [Public Health England](#) (PHE) and [NHS Corona Virus Information](#) are the best sources of information for individuals, families, communities and businesses.

The Borough Council (Cheshire East Council) also provides up-to-date information on its website (www.cheshireeast.gov.uk).

In addition, [it has launched a service to co-ordinate help in the community](#). This may be helpful to those who are seeking to do something themselves.

Alternatively, you can contact Cheshire East Council on **0300 123 5034** to register your information with a customer service operative.

Once submitted, your details will be passed to Cheshire East Social Brokerage Team and an officer will contact you to assess your offer/need.

Dr Matt Tyrer, the Acting Director of Public Health (Cheshire East Council) said that the Borough Council is working with its partners to ensure the protection of the public and this includes working closely with Public Health England (PHE) and NHS England to ensure that it is up-to-date with the very latest advice and that best practice is observed.

Prevention is always better than cure and as with the seasonal flu virus, the most effective way for people to protect themselves from Covid-19 is to adopt good respiratory and hand hygiene to prevent the risk of infection and a '*catch it, bin it, kill it*' approach to coughs and sneezes.

People are also advised to avoid contact with anyone who is unwell and showing symptoms of Coronavirus. As the situation develops, guidance is updated daily.

Guidance for households where a person is exhibiting symptoms of Covid-19 has changed:

- If you live alone and you have symptoms of Covid-19, however mild, stay at home for **seven days** from when your symptoms started. (For further guidance, see '[ending isolation](#)')
- If you live with others and one of you has symptoms of Coronavirus, then all household members must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill. Anyone without symptoms can end their self-isolation after 14 days, even if other members of their household have symptoms. However, if a member of an isolating household starts showing symptoms, that individual must self-isolate for **at least seven days** from the onset of those symptoms (even if this would extend their isolation beyond 14 days).

For the latest guidance on coronavirus, visit the [Public Health England website](#).

In addition to the above, several parish councillors are making contact with older people in the parish and those who might be vulnerable, to offer help and support.