

# Bill Wiggin MP

North Herefordshire

## Coronavirus: Guidance and Information



The Coronavirus has created an unprecedented challenge for Countries the world over.

The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.

When we reduce our day-to-day contact with other people, we will reduce the spread of the infection. That is why the Government has introduced three new measures.

- Requiring people to stay at home, except for very limited purposes.
- Closing non-essential shops and community spaces.
- Stopping all gatherings of more than two people in public.

Every citizen must comply with these new measures. The relevant authorities, including the police, will be given the powers to enforce them – including through fines and dispersing gatherings.

These measures came into effect on Monday 23 March. The Government will look again at these measures after three weeks, and relax them if the evidence shows this is possible.

### NHS Health Information and Advice

#### What to do if you have symptoms

Continue to stay at home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital.

Stay at home.

Use the 111 online coronavirus service to find out what to do:

[www.111.nhs.uk/covid-19](http://www.111.nhs.uk/covid-19)

**Call 111 if you cannot get help online**

#### Other medical needs

If you need medical help not related to coronavirus, do not go to places like a GP surgery, pharmacy or hospital.

For health information and advice, use the NHS website or check your GP surgery website.

**For urgent medical help**, use the NHS 111 online service. Only call 111 if you're unable to get help online.

**For life-threatening emergencies**, call 999 for an ambulance.

Read the full advice on protecting yourself if you are at high risk from coronavirus on [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

 **STAY AT HOME**

**PROTECT THE NHS**

 **save lives**

New rules on staying at home to protect others mean you should only leave the house for these four reasons:

1. **Shopping for basic necessities**; food and medicine as infrequent as possible.
2. **One form of exercise** a day; a run, walk, or cycle - alone or with members of your household.
3. **Any medical need**, or to provide care or to help a vulnerable person.
4. **Travelling to and from work**, but only where this absolutely cannot be done from home.



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## Coronavirus: Support and Government Funding



### Get help from Herefordshire Council

Herefordshire Council is working with community organisations and local businesses to help connect people to the support being coordinated in your area.

[Click here](#)

### Talk Community Team Helpline

The Talk Community Team from Herefordshire Council are also putting in place a programme to work with existing community support groups to roll out any support they can offer. They have a helpline number and will link people who need support with the people providing support.

01432 260 027

### Supermarket Opening Hours

Supermarkets have announced dedicated hours to help the elderly and NHS workers buy essential supplies and groceries during the coronavirus pandemic.

[Click here](#)

### Food Banks

The contact details for Hereford Food Bank.

01432 352 674

**£330  
BILLION**

**OF GOVERNMENT-  
BACKED LOANS**

**EQUIVALENT TO 15% OF GDP**

### Guidance by Category

#### Healthcare Workers and Carers

[www.england.nhs.uk/coronavirus](http://www.england.nhs.uk/coronavirus)

#### Applying for Government Support

[www.gov.uk/government/publications/support-for-those-affected-by-covid-19](http://www.gov.uk/government/publications/support-for-those-affected-by-covid-19)

#### Businesses and Employees

[www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19](http://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19)

[www.gov.uk/government/news/chancellor-announces-workers-support-package](http://www.gov.uk/government/news/chancellor-announces-workers-support-package)

[www.gov.uk/statutory-sick-pay](http://www.gov.uk/statutory-sick-pay)

[www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)

#### Self-Employed Workers

[www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme](http://www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme)

#### Schools and Educational Settings

[www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision](http://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision)

#### Pubs and Restaurants

[www.gov.uk/government/news/government-to-grant-permission-for-pubs-and-restaurants-to-operate-as-takeaways-as-part-of-coronavirus-response](http://www.gov.uk/government/news/government-to-grant-permission-for-pubs-and-restaurants-to-operate-as-takeaways-as-part-of-coronavirus-response)



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## Coronavirus: How you can help



### I'm here to help

I am endeavouring to ensure I can best assist all during this period of uncertainty and my office continues to support and assist all constituents with enquiries.

If you need assistance, please contact my office on **[officeofbillwigginmp@parliament.uk](mailto:officeofbillwigginmp@parliament.uk)**

I am continuing to hold surgery appointments for those in need, but in light of the Government's social distancing measures, I am holding surgeries remotely by telephone or video link.

I am updating my website daily with all of the information I can find to support ourselves, our families and our businesses.

[www.billwigginnorthherefordshire.com/coronavirus](http://www.billwigginnorthherefordshire.com/coronavirus)

### How you can help

Herefordshire Council are working with a number of key strategic partners and communities to prepare for the impact of Coronavirus (COVID-19) on communities and residents in Herefordshire.

Herefordshire Council are asking for your help to volunteer to help support elderly, frail, disabled, and vulnerable people and families in Herefordshire.

[www.herefordshire.gov.uk/covid19help](http://www.herefordshire.gov.uk/covid19help)

