

# **LOWER HARDRES AND NACKINGTON PARISH COUNCIL**

Website: [www.lowerhardresandnackingtonparishcouncil.org.uk](http://www.lowerhardresandnackingtonparishcouncil.org.uk)

We have been asked by the Director of Public Health at Kent County Council to provide information on our website as to where the public can access information on the coronavirus (COVID-19) outbreak and local implications arising from this.

1. Nationally the recommendation is to point to the NHS website:  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>
2. People who think they may have symptoms are being pointed to the NHS111 on line questionnaire page, in the first instance:  
<https://111.nhs.uk/covid-19>
3. Further advice and guidance can be found on the Kent County Council website which will be updated around 2pm each day:  
[www.kent.gov.uk/](http://www.kent.gov.uk/)

## **Prevent coronavirus spreading**

There are things we can all do to help stop viruses like coronavirus spreading:

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell
- do not touch your eyes, nose or mouth if your hands are not clean.

If you are worried about your symptoms, use the online NHS 111 coronavirus service or call NHS111 **Do not go directly to your GP, pharmacy, hospital or other healthcare setting.**