

## COVID-19 VIRUS

Dear Friend,

As you all know the epidemic is likely to escalate over the next few weeks and some of us, particularly those over 70 and/or with other current illness, have been asked to stay indoors and self isolate.

This will be very difficult for some especially those living alone, who are ill, and with no close family to help. Even younger families are being asked to isolate if one of them becomes ill.

Many of you will already be thinking about looking out for your neighbours and offering to help with shopping, getting medicines, etc. or just being there for a chat on the phone. The purpose of this message is to make it easier for you to contact your neighbours and offer help. You will NOT need to provide medical or social care, just be a good neighbour.

The BBC have put a form on their website and a copy of this is attached below. You can fill this in and post it through your neighbour's door.

If you don't have access to a printer we are planning to make these forms available in the surgery and some local shops.

We hope you will be prepared to volunteer your help, but please remember to keep yourselves safe.

Drs Eve & Mott on behalf of ASCA