

THINGS WE MUST DO

Please follow the Chief Medical Officer's advice as follows:

SELF ISOLATION

If you have a temperature or cough, stay at home and try to strictly avoid close contact with family members for 7 days. Do not have visitors during this time.

GOOD PERSONAL HYGIENE

- Wash your hands for 20 seconds as often as possible
- Don't touch your mouth or rub your eyes
- Catch coughs and sneezes in tissues, dispose of these carefully
- **Don't shake hands**
- Keep at least 2m from other people wherever possible

OTHER THINGS WE MUST DO LOCALLY

- It seems sensible to avoid crowded places like congested trains, shops and supermarkets – especially at busy times – the virus can live in the air and on surfaces (eg checkouts) for many hours
- Try and work from home at every opportunity where appropriate
- Help elderly relatives stay safe by supporting them, keeping a distance, and avoiding infecting them – many children will carry the virus without you even knowing
- Look out for elderly / needy neighbours – help them stay distanced if they want

Many more people in Gravesham will get through this if we can get this right locally.

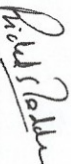
We MUST slow the virus and be the best neighbours we possibly can be.

Please share this note as widely as you can, and if you can, please do print off some copies and put them through neighbours' letter boxes.

Thank you



ADAM HOLLOWAY MP



PROFESSOR RICHARD TEDDER

Message from Adam Holloway MP, writing this with the help of Professor Richard Tedder, the Visiting Professor of Medical Virology at Imperial College London – resident of Gravesham who worked with Ebola in the Sierra Leone epidemic.

PLEASE HELP – slow the virus

This virus is upon us, and over the coming months most people living here will be infected.

For the vast majority of people it will be mild, indeed you may not even notice it. But people will be sick in every age group, and there will be more deaths amongst the elderly or those with existing health conditions.

Some of us will need Intensive Care in hospital. If too many of us need this at once, the hospitals may become overwhelmed despite the best efforts of staff.

If we want to maximize the number of Intensive Care hospital beds for yourself or family members or friends, we must – all of us – help slow the virus.

This means having as few people infected as possible at any one time.