

# ADVERTISEMENT FEATURE

Dear Globe reader,

In a normal year, we would be a few weeks' away from council elections. However, we are now in an exceptional global pandemic.

Instead of a Party political message, Wirral's Conservative Councillors have decided to use these pages in the Globe, booked before the outbreak, to update you on what we can all do to help us get through the coming weeks and months.

Elections that were due to take place in May have been postponed. Public services, including your NHS and Wirral Council are focussing on working together to get us through the Coronavirus outbreak.

Advice and information is being continuously updated – please keep up to date through the dedicated NHS website [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) and by following news programmes on local radio and television.

Local Conservative Councillors, candidates and campaigners will NOT be knocking on doors ('canvassing') during this period and will instead be responding to requests for help from residents. Find out more at [www.wirralconservatives.org](http://www.wirralconservatives.org) and [www.wallaseyconservatives.com](http://www.wallaseyconservatives.com).

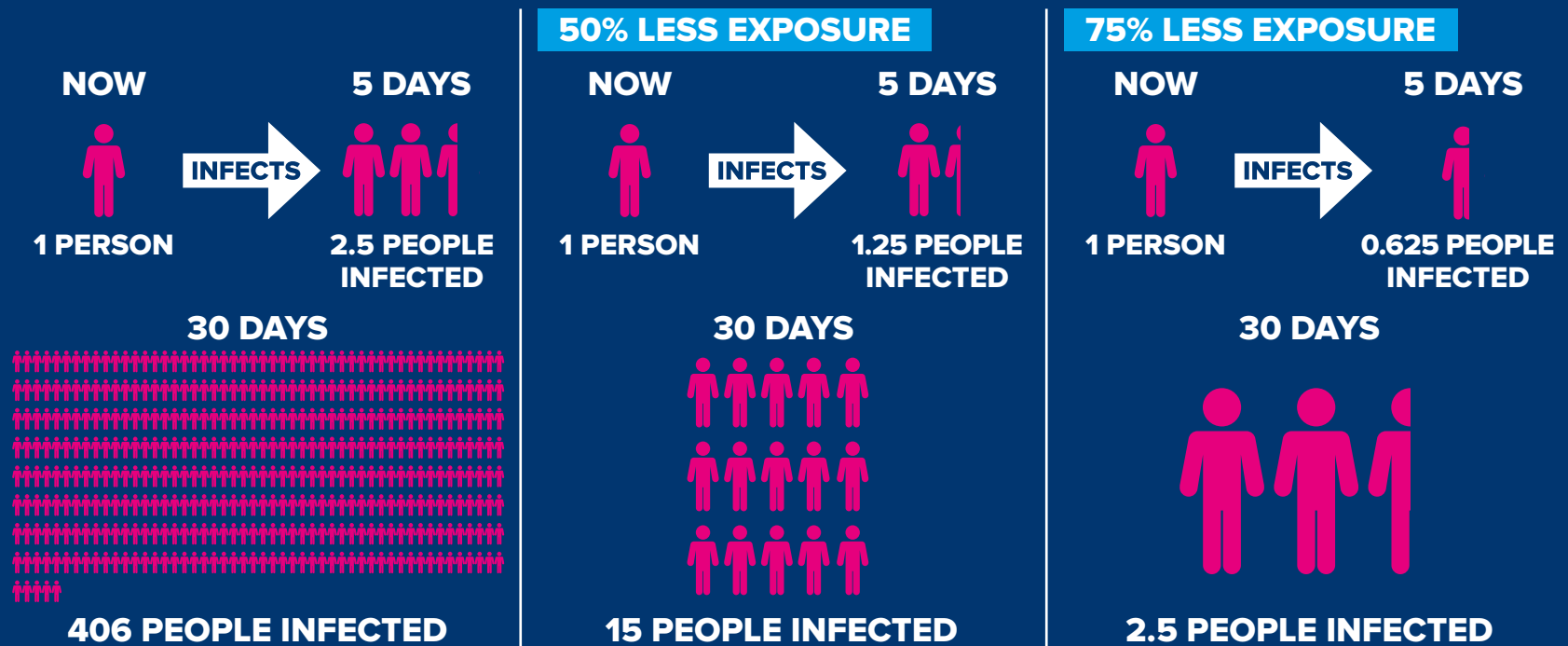
Thank you to everyone who is playing their part to tackle the virus - including the staff in our NHS, council, schools, shops and supermarkets as well as the voluntary and community groups who are working to support the most vulnerable in our Borough.

**On page 2:**  
What to do if you are self-isolating

**Inside back page:**  
Supporting people, jobs and businesses

**Back page:**  
How you can help people who are self-isolating

## THE POWER OF STAYING AT HOME



**Keep up to date: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)**

This advert is paid for by Wirral Conservatives. The information provided is from [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) and is correct at the time of going to print.

# STAY AT HOME:

## GUIDANCE FOR PEOPLE WITH CONFIRMED OR POSSIBLE CORONAVIRUS (COVID-19) INFECTION

### SYMPTOMS

The most common symptoms of coronavirus (COVID-19) are recent onset of:



**new continuous cough**

and/or



**high temperature**

**For most people, coronavirus (COVID-19) will be a mild infection**

If you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started.

If you live with someone with symptoms you need to stay at home for 14 days from the day the first person in your home started having symptoms.

- + this action will help protect others in your community while you are infectious.
- + plan ahead and ask others for help to ensure that you can successfully stay at home.
- + ask your employer, friends and family to help you get the things you need to stay at home.
- + stay at least 2 metres (about 3 steps) away from other people in your home if possible.
- + sleep alone, if possible.
- + wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser.
- + stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible.
- + you do not need to call NHS 111 to go into self-isolation.
- + If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, call NHS 111. a medical emergency dial 999.

## How to avoid catching or spreading coronavirus:

### Do...

- + wash your hands with soap and water often – do this for at least 20 seconds.
- + always wash your hands when you get home or into work.
- + use hand sanitiser gel if soap and water are not available.
- + 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 and wash your hands afterwards.

+ avoid close contact with people who are unwell.

### Don't...

+ touch your eyes, nose or mouth if your hands are not clean.

### Treatment for coronavirus

- + there is currently no specific treatment for coronavirus.
- + antibiotics do not help, as they do not work against viruses.
- + treatment aims to relieve the symptoms while your body fights the illness.
- + you'll need to stay in isolation, away from other people, until you have recovered.



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# SUPPORTING PEOPLE

- + MOST AT RISK:** 1.5 million people who are most at risk of being hospitalised will receive letters from the NHS advising them to stay at home for twelve weeks. Additional support, including grocery and medicine deliveries, will be provided throughout this period.
- + UNIVERSAL CREDIT/TAX CREDITS:** the standard weekly rate will be increased by £20 a week for one year from April 6th.
- + ENERGY SUPPLIES:** emergency measures have been agreed with the energy suppliers to protect those most in need. Customers with pre-payment meters who may not be able to add credit should call their supplier.
- + STATUTORY SICK PAY:** now available for people diagnosed with Covid-19 or who are self-isolating and payable from day one.
- + SELF-EMPLOYED:** the minimum income floor in Universal Credit is removed so that self-employed people who are out of work will now get their full payment.
- + SICK NOTES:** people who are advised to self isolate and who require evidence for their employer can get a note online by contacting NHS 111 rather than visiting a doctor.
- + SICKNESS AND DISABILITY BENEFITS:** face-to-face assessments are suspended for three months.
- + LOCAL WELFARE SUPPORT SCHEME:** Wirral will receive a share of an extra £500 million fund to support people with Council Tax relief.
- + SCHOOLS:** while schools are now closed for most people, vulnerable children or those at risk will be looked after.
- + SCHOOL MEALS:** children who rely on Free School Meals will receive vouchers instead.
- + TENANTS:** emergency laws will prevent any tenant from being evicted if they cannot pay their rent. An extra £1 billion for tenants through Universal Credit and Housing Benefit and an increase in the Local Housing Allowance.
- + MORTGAGES:** a three month mortgage holiday is now available from most lenders for those in difficulty due to Covid-19.

# SUPPORTING JOBS AND BUSINESSES



- + JOBS AT RISK:** Government will pay 80% of the wages of anyone whose job is at risk, up to £2,500 per month, to help employers keep staff on their books.
- + BUSINESS RATES:** all businesses in the retail, hospitality and leisure sector are exempt from paying for a year. Small businesses in these sectors are also eligible for an additional grant of up to £25,000.
- + CHILDREN'S NURSERIES:** also now exempt from Business Rates for one year.
- + SMALL BUSINESSES:** grants of £10,000 available to support cash flow.
- + CORONAVIRUS BUSINESS INTERRUPTION LOANS:** up to £5 million per business and interest free for 12 months.
- + PUBS AND RESTAURANTS:** planning rules temporarily relaxed to allow them to operate as hot food takeaways, to support people who are self-isolating.



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# HOW YOU CAN HELP OUR COMMUNITY



- Use your local shops and businesses as much as possible and remember many shop workers and assistants are under a great deal of pressure at the moment.
- If you are an engineering business in Wirral and can help to increase ventilator production call **0300 456 3565**.
- Keep in touch with your neighbours, friends and relatives.
- If you are not showing any symptoms and feel fit and healthy, volunteer at **666 5050 (option2)**.

# HOW YOU CAN HELP PEOPLE WHO ARE SELF-ISOLATING



**Keep in touch with relatives or friends who you know are self-isolating – a regular phone call to check up on their welfare will also break the loneliness that some people may experience.**

If you have neighbours who are older or vulnerable, let them know they can contact you – the slip below can be cut out, filled in by you and put through their door.

If you are a member of a local voluntary or social group, agree with your colleagues which of your members you will keep in touch with over the coming weeks and months.

If you are not showing any symptoms and feel fit and healthy, volunteer at **666 5050 (option2)**.

# USEFUL NUMBERS

Need help, advice or guidance? **0151 666 5050**  
- option 1

Want to volunteer to help others? **0151 666 5050**  
- option 2

Shops, small businesses and employers:  
**0151 650 6982**

HMRC: **0800 015 9559**

Universal Credit:  
**0800 328 5644**

**NHS:** Only call **111** if you cannot get help online at **111.nhs.uk**

**Age UK Wirral:**  
**0151 482 3456**. For help with shopping and other services.

## Hello! If you are self-isolating, I can help

My name is \_\_\_\_\_

I live locally at \_\_\_\_\_

My phone number is \_\_\_\_\_

If you are self-isolating due to COVID-19 I can help with:

- Picking up shopping
- Posting mail
- A friendly phone call
- Urgent supplies

**Just call or text me and I'll do my best to help you (for free!)**

**Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.**

Promoted by Cllr. Ian Lewis on behalf of Wirral's Conservatives, 9 Victoria Parade, Wallasey CH45 2PH.



## SOMEONE IN THIS HOUSE IS SELF ISOLATING

**Please do not knock unless you have an appointment**

Please leave deliveries in/with

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