

Advice on COVID-19

We are working hard with partners across Gloucestershire to safeguard the health of residents.

In most cases, Covid19 is mild, but everyone should remain vigilant and carry on with good handwashing and personal hygiene measures, which include:

- Giving your hands a good wash with soap and water – this is the most effective action you can take (but hand gels can be a good substitute)
- Maintaining personal hygiene when coughing or sneezing is also important – use a tissue rather your hands and then throw it away
- It is good general practice to use cleaning wipes to give your keyboard, desk, phone etc. the once over on a regular basis

If you have recently been to an [affected area](#) & have symptoms including a cough, high temperature or shortness of breath, do not go to your doctor or a hospital.

Ring 111 or [visit their website](#) to get further advice.

If you can, please help others in your community - check on vulnerable neighbours to see if they need any shopping, prescriptions or help with small job.