

Chris Heaton-Harris MP's Westminster Report: Coronavirus

Once again, I hope you are healthy and well during these challenging times.

I have put together a comprehensive leaflet of information below including Government hotlines, NHS advice, useful contacts, and details of support available in 'Daventry' (as well as a link to volunteering if you want to help out in the community). Please do be aware that this is current information, and may be subject to change at short notice.

As always, if you ever require any assistance with anything, please do not hesitate to contact me: chris.heatonharris.mp@parliament.uk. For further updates you can visit my website using the following link: <https://www.heatonharris.com/coronavirus-advice>.



Chris Heaton-Harris MP

Davertry

Coronavirus (COVID-19) Advice & Support Information



“The government has taken unprecedented steps to protect lives and livelihoods during this global coronavirus pandemic. We must get coronavirus under control as quickly as possible, so that it does not overwhelm our vital public services.

Saving lives means imposing new rules that keep as many people as possible at home, protecting our NHS and keeping people safe. These new rules will be relaxed when medical advice says that it is safe to do so.

NEW RULES ON STAYING AT HOME AND AWAY FROM OTHERS

Every citizen must comply with these new measures. The relevant authorities, including the police, will be given the powers to enforce them - including through fines and dispersing gatherings. The Government will continue to review these measures over the coming weeks and relax them if the evidence shows this is possible.

You should only leave the house for one of four reasons.

1. Shopping for basic necessities; food and medicine as infrequently as possible.
2. One form of exercise a day; a run, walk, or cycle - alone or with members of your household.
3. Any medical need, or to provide care or to help a vulnerable person.
4. Travelling to and from work, but only where this absolutely cannot be done from home.

These four reasons are exceptions - you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household. These measures must be followed by everyone.

If you work in a critical sector or your child has been identified as vulnerable, you can continue to take your children to school.

Keyworker definitions can be found by searching www.gov.uk for "keyworker definitions".

CLOSING NON-ESSENTIAL SHOPS, BUSINESSES AND PUBLIC SPACES

All non-essential retail stores such as clothing and electronics stores, hair, beauty and nail salons, outdoor and indoor markets, auction houses, hotels, hostels and B&Bs, caravan parks, libraries, community centres, places of worship, museums and galleries, cinemas, nightclubs, gyms and playgrounds are closed to minimise the risk of prolonged social contact.

Food delivery and takeaways can remain operational for customers to collect or be delivered too.

STOPPING PUBLIC GATHERINGS

The Government is stopping all public gatherings of more than two people. The two exceptions to this rule are:

- Where the gathering is of a group of people who live together - this means that a parent can take their children to the shops if there is no option to leave them at home.
- Where the gathering is essential for work purposes.

Also, the Government is stopping social events, including weddings, baptisms and other religious ceremonies. This will exclude funerals, which can be attended by immediate family.

Please refer to www.gov.uk/coronavirus

Stay home, stay safe and save lives. ”

Chris Heaton-Harris
MP for Daventry

CORONAVIRUS

PROTECT YOURSELF & OTHERS

NHS HEALTH INFORMATION AND ADVICE

For the most up to date guidance please visit:

www.nhs.uk/conditions/coronavirus-covid-19/

Everyone must stay at home to help stop the spread of coronavirus. This includes people of all ages - even if you do not have any symptoms or other health conditions.

What to do if you have coronavirus symptoms

Continue to stay at home if you have either:

- a high temperature - this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- a new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service to find out what to do: <https://111.nhs.uk/covid-19/>

Only call 111 if you cannot get help online

If you need medical help not related to coronavirus, do not go to places like a GP surgery, pharmacy or hospital.

- For health information and advice, use the NHS website or check your GP surgery website.
- For urgent medical help, use the NHS 111 online service. Only call 111 if you're unable to get help online.
- For life-threatening emergencies, call 999 for an ambulance.
- Read more advice about getting medical help at home.

Advice for people at high risk

If you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it. These include:

- not leaving your home - you should not go out to do shopping, visit friends or family, or attend any gatherings.
- avoiding close contact with other people in your home as much as possible.

Read the full advice on protecting yourself if you're at high risk from coronavirus on www.gov.uk/coronavirus

Who is at high risk?

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition that makes you much more likely to get infections
- are taking medicine that weakens your immune system
- are pregnant and have a serious heart condition

If you are at high risk you should have been contacted by the NHS. If you think you have been overlooked please speak to your GP.



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[@chhcalling](https://twitter.com/chhcalling)

heatonharris.com/coronavirus-advice

Government response to Coronavirus (COVID-19)

WHAT YOU NEED TO DO

For practical advice and help around issues such as employment, financial support, business, healthcare workers & carers, travel, how you can help etc please visit:

www.gov.uk/coronavirus



Government Business Support Hotline
0300 456 3565

Universal Credit Hotline
0800 328 5644

The breakdown of all the financial support currently available for individuals and business can be found here: www.gov.uk/government/publications/support-for-those-affected-by-covid-19

Protecting the most at risk



Strictly **avoid** contact with anyone with COVID-19 symptoms



Do not leave your house



Do not attend any gatherings



Food or medication deliveries should be left at the door



Keep in touch with phone, internet and social media



Use the **phone** or go **online** to contact your **GP** or other essential services

Getting assistance with foods and medicines if you are reducing social contacts

Ask family, friends and neighbours to support you and use online services. If this is not possible, then the public sector, business, charities, and the general public are gearing up to help those advised to stay at home. It is important to speak to others and ask them to help you to make arrangements for the delivery of food, medicines and essential services and supplies, and look after your physical and mental health and wellbeing.

If you receive support from health and social care organisations, for example, if you have care provided for you through the local authority or health care system, this will continue as normal.

Disposal of waste

If you're self-isolating, please ensure you keep used tissues separate from your household waste in sealed bags for 72 hours before fully disposing. This is to contain the spread of the virus both in and out of your home. Other household waste can be disposed of as normal.

Laundry

To minimise the possibility of dispersing virus through the air, do not shake dirty laundry. Wash items as appropriate in accordance with the manufacturer's instructions. If you do not have a washing machine, wait a further 72 hours after your 7-day (for individual isolation) or 14-day isolation period (for households) has ended when you can then take the laundry to a public launderette.

Cleaning

When cleaning you should use your usual household products, like detergents and bleach, as these will be very effective at getting rid of the virus on surfaces. Clean frequently touched surfaces such as door handles, handrails, remote controls and table tops. This is particularly important if you have an older or vulnerable person in the house.

Shopping and Groceries

All the UK's major supermarket chains are now providing Elderly & Vulnerable Priority Shopping Hours. Please check with your local stores and online for more information. Food shops and pharmacies will remain open and stores have also reassured customers they are doing all they can to ensure their shelves remain full and their supply chains running smoothly.

The information contained in this leaflet is accurate as of 1st May 2020. Printed by: Brandprint UK Ltd, Unit 10, Monarch Courtyard, Brackmills, Northampton, NN4 7BD.



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heatonharris.com/coronavirus-advice

Local Advice & Support

LOCAL AUTHORITY LATEST INFORMATION

Northamptonshire County Council

- Hotline: 0300 126 1000 and select option 5 (Mon-Fri, 8am-6pm)
- Web: www.northamptonshire.gov.uk/coronavirus
- Twitter: @mycountycouncil

South Northamptonshire District Council

- Hotline: 01327 322322
- Web: www.southnorthants.gov.uk
- Twitter: @SNorthantsC

Daventry District Council

- Hotline: 01327 871100
- Web: www.daventrydc.gov.uk/your-council/news/advice-on-coronavirus
- Twitter: @DaventryDC



CHECK YOUR LOCAL AUTHORITY WEBSITE TO FIND YOUR COUNCILLOR



FOOD BANKS IN THE LOCAL AREA

Food banks rely on your goodwill and support, please donate food and non food items such as toiletries and hygiene products.

Food Bank Daventry

Contact number: 01327 577851

Web: www.daventryfoodbank.org.uk

If you need urgent help from the Food Bank please contact them direct.

The following social media accounts are posting the latest factual advice and information related to COVID-19

- Public Health England: @PHE_UK
- Department of Health and Social Care Facebook & Twitter: @DHSCgovuk
- NHS Facebook: @NHSwebsite
- NHS Twitter: @NHSuk
- Northamptonshire County Council Twitter: @mycountycouncil
- South Northants Twitter: @SNorthants
- Daventry District Council Twitter: @DaventryDC

BEWARE OF CORONAVIRUS SCAMS - TRADING STANDARDS ADVICE

- Always follow government advice.
- Use local council websites, local council services and trusted charities like Age UK.
- Contact your local councillors or MP if urgent.
- Be careful on social media, especially with coronavirus response groups springing up.
- Be as careful as you would normally be... don't be side-tracked or rush into decisions.
- Don't purchase items from your doorstep or respond to surveys.
- Don't draw attention to the passer-by that you are self-isolating (signs in windows).
- Don't give bank details, cash, credit or debit card information to strangers to do shopping etc.
- Don't buy cures and medicines online.
- Don't buy soaps and sanitizers from unknown sources.
- Buy all products from known sources.
- Trust and seek help from family and friends.



Please pass these messages to your friends & family - by phone, internet or social media - and ask them in turn to make sure that anyone they know who might need supporting knows where to turn.

STAY CALM



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[@chhcalling](https://twitter.com/chhcalling)

VOLUNTEERING ***Only volunteer for registered organisations***

In addition to the Government's volunteer scheme for people to help the NHS, Northamptonshire County Council are co-ordinating a local effort along with other councils and partner organisations for people to help the community. They want to hear from you if you can volunteer or if you represent a community group that needs extra volunteers in the coming weeks and months. They are looking for community groups and volunteers who can offer help with:

- tackling loneliness through phone or face-to-face contact, where appropriate
- prescription collection for someone who finds themselves unable to leave the house
- community support such as transporting items between foodbanks or helping in a kitchen

For further information visit: www.northamptonshire.gov.uk/coronavirus-updates

Advice & guidance is being updated daily please visit www.heatonharris.com/coronavirus-advice

There are now several support services for the vulnerable locally. If you are elderly and struggling to get food, or you have another problem, please contact the local branches of Age UK.

My team will do everything we can to help those needing urgent help getting groceries or medication. This includes putting them in touch with the many volunteer groups springing up in our communities, or otherwise providing direct support ourselves. Please do call the office on 0207 219 7048 if you need help.

Age UK Northampton

31 Billing Road	01604 611 200
Northampton	access@ageuknorthants.org.uk
NN1 5DQ	ageuk.org.uk/Northamptonshire
	www.justgiving.com/campaign/coronavirusappealageuknorthamptonshire

My office continues to support and assist constituents with all enquiries. We are dealing with a variety of issues from help for employees to support for business.

Email me chris.heatonharris.mp@parliament.uk or call 0207 219 7048

USEFUL NUMBERS

Northamptonshire County Council - 0300 126 1000
and select option 5 (Mon-Fri, 8am-6pm)
Daventry District Council - 01327 871100
Northampton Hope Centre - 01604 214300
South Northamptonshire Council - 01327 322322
Daventry Food Bank - 01327 577851
Samaritans - 0330 094 5717
ACAS - 0300 123 1100
Crime Stoppers - 0800 555 111
UK Visas & Immigration - 0300 123 2253
Citizen Advice Bureau - 0300 330 1175
Shelter - 0808 800 4444
Police Emergency - 999 Non-Emergency - 101
Debt Advice (Stepchange) - 0800 138 1111
Law Society (Find a solicitor service) - 020 7320 5650
If you require legal advice, please call the CLA to
establish if you are entitled to Legal Aid - 0345 345 4345
HMRC - 0800 015 9559
Emergency dentist - Tel: 111
School Closures - 0800 046 8687



IN NEED OF BENEFIT, DEBT OR HOUSING ADVICE?

We are still operating countywide via telephone or email.

01604 621038, 10am-2pm Mon-Fri
enquiries@communitylawservice.org.uk

SPECIALIST CONFIDENTIAL INDEPENDENT



49-53 Hazelwood Road
Northampton NN1 1LG

heatonharris.com/coronavirus-advice