

Keep calm, we're Bedfordians.

An essential guide during
extraordinary times

What's inside:

- Practical support
- Useful numbers
- How to help

SPREAD THE
LOVE
NOT **X** THE
VIRUS

BROUGHT TO YOU BY:



IN PARTNERSHIP WITH:



Stay at home to stop coronavirus spreading

It's vitally important that the people of Bedford work together and follow the latest guidelines in order to stay safe during the coronavirus outbreak.

Guidance is changing daily, so it's sometimes hard to keep up-to-date.

Information in this leaflet will signpost to trusted sources as well as who can help in your village, neighbourhood or street.

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

More information is available on the Government's dedicated coronavirus website:
www.gov.uk/coronavirus

What do I do if I think I have coronavirus?

Symptoms

- **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)

Do not go to a GP surgery, pharmacy or hospital.

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.

For a medical emergency, dial 999.

Wash your hands

To help reduce the spread of coronavirus please continue to take basic hygiene precautions: sneeze or cough into a tissue and bin it immediately, wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand gel, and don't touch your face unless you've just washed your hands.

Useful websites and telephone numbers:

For the latest health information and advice, visit the NHS website at: www.nhs.uk

The Borough Council has a dedicated section on its website which is constantly updated with the latest government guidance.

Go to www.bedford.gov.uk/covid19 for more information.

You can also sign up to Borough News emails:
www.bedford.gov.uk/stayconnected

The Bedford Independent is reporting daily on the latest local news for the whole Borough.

Read it at: www.bedfordindependent.co.uk

You can also sign up to daily or weekly news updates in your inbox at:



www.bedfordindependent.co.uk/newsletter-sign-up

Practical Support



Bedford Virtual Library

You can still access lots of things from Bedfordshire Libraries. As well as e-books, audio books, music and film, there are also specialist pages for local and family historians, plus helpful hints to aid your research. The children and teens' virtual library provides homework help, recommended reads and lots of fun things to do.

If you have a library card already then you can access all of the online services already. If you aren't a member it takes just a few minutes to set up an account at www.bedford.gov.uk/libraries

For tips on maintaining your physical health visit:

www.sportengland.org

Tips to help your mental health visit:

www.mind.org.uk

You can also sign up to daily or weekly news updates in your inbox at:



www.bedfordindependent.co.uk/newsletter-sign-up

How to help or what to do if you need help

Times of crisis bring out the best in communities, and Bedfordians have risen to the challenge in streets, villages and neighbourhoods to help out.

Support for individuals and families

Many local communities are organising themselves into support groups to help their neighbours. You can find more information on the Bedford Kindness Facebook group.

Bedford Community Hub

If you need help to get food or prescriptions and don't have family or friends for support, then Bedford Borough Council's Community Hub can help.

The Community Hub can deliver basic food parcels and prescriptions and offer a friendly link with the outside world.

If you need help then visit the Council's webpage www.bedford.gov.uk/covid19 or alternatively call 01234 718101.

You can also volunteer to support the community hub and help those most in need on the same webpage.

Support for Local Businesses

www.bedford.gov.uk/covid19business

Local businesses can apply for a business support grant via the Council's website www.bedford.gov.uk/covid19business if they meet the Government's qualifying criteria.

The Government has announced a range of grant funding for certain businesses affected by the ongoing coronavirus pandemic.

Bedford Borough Council has set up an online form, enabling local businesses to apply for this money.

To qualify the business must occupy a business property that has a rateable value of less than £51,000 and either:

- Receive small business rate relief or rural rate relief; or
- Be a retail, hospitality or leisure business

The support for businesses also includes a 12-month business rates holiday for all retail, hospitality, leisure and nursery businesses, as well as the small business grant funding for those who receive small business rate relief or rural rate relief; and grant funding for retail, hospitality and leisure businesses with a rateable value under £51,000.

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