

Alyth Community Support



Phone: 07840 755339

Facebook:
www.facebook.com/groups/944562195607741/

USEFUL INFORMATION

Dealing with the emergency - www.readyscotland.org/coronavirus/

Scottish Government guidelines: Protect yourself and others

- Stay at home
- Only go outside for essential food, health and work reasons
- Stay 2 metres (6 feet) away from other people
- Wash your hands regularly
- Wash your hands as soon as you get home

Full advice: www.gov.uk/coronavirus

or: www.gov.scot/coronavirus-covid-19/

Common coronavirus symptoms

The most common symptoms of COVID-19 are a new continuous cough and/or a fever/high temperature (37.8C or greater).

A new continuous cough is where you:

- have a new cough that's lasted for an hour
- have had 3 or more episodes of coughing in 24 hours
- are coughing more than usual

Health advice

Health advice is here: www.nhsinform.scot

For general advice call the free NHS helpline: 0800 028 2816.

Alyth Health Centre

CORONAVIRUS - COVID-19: If you are experiencing any of the Coronavirus symptoms - **DO NOT COME INTO THE SURGERY, CALL NHS24 ON 111.**

In order to reduce footfall into the premises as we are open as usual we have introduced a locked red post box for repeat prescription orders situated on the wall in the main vestibule entrance.

Alyth Pharmacy (Davidson's)

Operating normal opening hours as far as possible, but check on Facebook first:

www.facebook.com/DavidsonsChemists/

Phone: 01828 632302

Hearing aids

Call this number at the Ninewells Audiology Dept. if you need replacement batteries for a hearing aid: 01382 596 965.

Eye-care services

- Only emergency and essential eye-care
- No routine tests
- Contact your normal optician for an emergency examination at a designated emergency centre
- Evenings and weekends emergencies, call NHS24 on 111

Mental health

Advice from NHS Tayside:

www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/your-mental-wellbeing/coronavirus-covid-19-your-mental-wellbeing

Advice from Perth & Kinross Council:
www.pkc.gov.uk/coronavirus/

Going out

- Stay local - don't drive in your car to take exercise; use the paths, open spaces and quiet roads in your own local area
- Keep your distance - stay at least two metres away from other people and try to avoid busy times in popular places
- Respect the health and safety of farmers and other land workers, and avoid farmyards, fields with pregnant or young livestock, and other busy working areas
- Keep your dog under control, on a lead or close at heel and don't let them approach other people or livestock
- Avoid touching surfaces and if possible plan a route where you don't need to open gates

Perth & Kinross Council

Bins and recycling - www.pkc.gov.uk/coronavirus/waste

Volunteering - www.pkc.gov.uk/coronavirus/communitysupport

Schools - www.pkc.gov.uk/coronavirus/schools

Council tenants - www.pkc.gov.uk/

coronavirus/tenants

Parking and blue badges - www.pkc.gov.uk/article/21636/Coronavirus-Parking-blue-badge-scheme-and-penalty-charge-notice

Carers - www.pkc.gov.uk/coronavirus/carers

Temporary local bus timetables - www.pkc.gov.uk/bustimetables

Cremations and burials - www.pkc.gov.uk/article/21651/Coronavirus-Cremations-and-burials or www.dignityfunerals.co.uk/crematoria-and-cemeteries/crematoria/find-a-crematorium/dundee-crematorium/

Parks, open spaces and allotments - www.pkc.gov.uk/article/21648/

Childcare for key workers

Apply online here: bit.ly/pkc-covid-support

Money and finances

Scottish Welfare Fund - phone 01738 476900 or visit www.pkc.gov.uk/scottishwelfarefund

Benefits - www.pkc.gov.uk/bensandcovid19

Citizens Advice Scotland - www.citizensadvice.org.uk/scotland/

Support for businesses

www.pkc.gov.uk/coronavirus/business

General advice

www.gov.uk/coronavirus

www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do