

# CORONA VIRUS INFORMATION

For all information on symptoms and what you should do – these are the links you should use.

Click on these links to see information and advice

[Click on this link to go to the NHS Corona virus website](#)

[Click on this link to go Central Government advice and information on Corona Virus](#)

All media is full of information and advice, sadly some of which is dubious, use the above links which are updated daily and on which you can rely.

Mountfield is a small rural parish and probably none of us have had to face such a challenge in our lives, we will have to adjust our way of life for some months.

The best way we can help each other through this is to **keep in contact**. **Don't be heroes**, if you are advised to self-isolate – you should certainly do so – but you can keep in touch with friends and neighbours by phone, email, Skype etc. Check on your friends and neighbours regularly, if you can get out to do some shopping or order on-line, pick up prescriptions etc., give them a ring and offer to pick groceries, medication for them. You should drop off any shopping/medication at the front door, give them a ring, make sure they pick it up and then you can chat on the phone.

We hope the Mountfield Parish website will act as a conduit for information during this time and I will post regular updates if relevant. The Mountfield parish councillors and clerk will try their utmost to help, but many of us will also be advised to self-isolate, but we are on the end of a phone or email and will do our best.

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We would urge you all to follow Government and NHS advice and stay safe – but we can still stay in contact and look after each other.

Irene (Parish Clerk) 18.03.20