**FLAMBOROUGH PARISH COUNCIL**

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| CORONAVIRUS –  **HELP US TO HELP YOU!** |

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| **Self-isolation**  If you are over 70, pregnant or at increased risk of severe illness from coronavirus,  **SELF-ISOLATE NOW**  Tell friends and family that they should not visit you, even if they have no symptoms of coronavirus.  You can still go outside (for example to walk your dog or exercise), but keep at least 2 metres away from others  Try and eat healthy meals, exercise and drink plenty of water  Use local shops who will deliver to you  Ask for help if you need it, especially if you need urgent medicines or prescriptions |  |

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| We know that these are difficult times, unlike anything we have experienced before. Flamborough Parish Council want to help in any way they can.  WE ARE A COMMUNITY! PLEASE ACT RESPECTFULLY AND RESPONSIBLY TOWARDS OTHER MEMBERS OF THE COMMUNITY BY FOLLOWING GUIDELINES ON SELF-ISOLATION AND BY HELPING EACH OTHER IN ANY WAY WE CAN |

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| **YOU MUST WASH YOUR HANDS REGULARLY!!!** |

SADLY THERE ARE SCAMMERS MAKING THE MOST OF THIS – DO NOT GIVE MONEY TO ANYONE YOU DON’T KNOW or TRUST

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| **IF YOU ARE SELF ISOLATING PLEASE DO NOT GO SHOPPING. YOU CAN CONTACT THESE SHOPS IN FLAMBOROUGH WHO WILL DELIVER TO YOU – THANKS TO THEM FOR THEIR HELP AND SUPPORT TO US**  **Cammish Butchers –**  **01262 422185**  **Kitchings Fruit and Veg 01262 851687** |

CONTACT US FOR HELP – OR JUST TO CHAT – there’s no need to feel alone

Please phone any of us if you need help

John Crossland 07715 179156

Sarah Crossland 07828 197234

Andrea Hanson 01262 851520

Fiona Holt 01262 851122

Chris Taylor 01262 850754

Trudy Traves 01262 850158

Danny Major 07845 131875

Ruth Lilley 07474 681368

If there is no reply please leave a message and we will get back to you ASAP!