

## COVID-19 update

We are back in lockdown but this time it is different, although the messages are the same. If you require assistance with shopping or prescriptions please email [emmasenior@googlemail.com](mailto:emmasenior@googlemail.com) or [susanjbrown@me.com](mailto:susanjbrown@me.com) and we will put you in touch with one of the Hinxtton help volunteers.

For many people lockdown life is very different to usual; we are unable to see family and friends and many people are having to get used to working from home. Please remember to check on your neighbours by calling or emailing them, and if anyone would like a regular call or contact from a volunteer then please let us know.

We all need to protect ourselves from catching the virus with simple measures:

### HANDS-FACE-SPACE

Wash your hands for at least 20 seconds with soap and water whenever you return home

Wear a face covering when out in shops or services

Maintain space between you and those not in your household or bubble. 2m is ideal, 1m with a face covering.

### WHO IS VULNERABLE?

We all might be, so no-one can be complacent.

CLINICALLY VERY VULNERABLE: you should have received a letter from NHS or GP and should minimise contact with others.

CLINICALLY VULNERABLE: all those over 70, those under 70 with an underlying health condition (anyone who is instructed to get a flu jab each year on medical grounds), pregnant women. You should be particularly careful, limiting trips out, washing hands and surfaces more frequently.

If you have internet access the link to further information is: <https://www.gov.uk/guidance/new-national-restrictions-from-5-november>

### VACCINATION

Hopefully the good news about vaccinations this week will continue and we can all return to a more normal village life soon.

Emma Senior  
11/11/2020