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This month we have seen the impact of coronavirus (Covid-19) in the UK. As a community and country we face an unprecedented challenge to ensure that we, our families and loved ones stay safe and fight this virus together.

I know that many residents across the Gosport Constituency are rightly concerned about the social and economic impacts that this pandemic will cause which is why this month's newsletter is dedicated to providing an update on the local and national situation, as well as relevant advice.



The Prime Minister has now announced the closure of all schools and non-essential businesses. You can find the most up to date guidance regarding **business closures** [here](#).

You can find the most up to date information regarding **school closures and exams** [here](#).

What Are The 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)

What To Do If You Are Experiencing Symptoms

How Serious Is Covid-19?

Evidence shows that the vast majority of people have relatively mild symptoms and make a full recovery. But there is a small percentage of people who have severe symptoms, especially those who are more vulnerable such as the elderly and those with underlying health conditions. That is why the Government has identified 1.5 million people who are most at risk and have instructed them to stay at home while they provide the relevant support. If you are one of these people, you would have been sent a letter and/or text. You can find out more [here](#).

Advice For People At High Risk

Advice For Everyone

The Government and NHS have now stated that everyone should stay at home to stop the spread of coronavirus, protect our NHS and save lives.

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

- shopping for basic necessities, e.g food or medicine
- one form of exercise a day
- any medical need or to provide care and help for a vulnerable person
- travelling to and from work, but only where working from home is not possible

Even when you do leave the house for one of the reasons above, you should minimise the time spent outside and ensure you are 2 metres apart from anyone who is not a member of your own household.

Government Coronavirus Guidance



How To Stop The Spread

Firstly, listen to Government advice and only leave the house for the reasons stated above.

Otherwise, scientists believe the virus spreads through droplets from coughs and sneezes and can stay on surfaces for a while.

- **Avoid non-essential contact with others** - work from home if you can, avoid pubs, clubs, theatres and mass gatherings
- **Wash your hands** - with soap and water often, for at least 20 seconds. Do this before leaving home and after returning home, before eating and drinking, and after coughing or sneezing
- **Cover your mouth and nose** - with a tissue or your sleeve (not your hands) when you cough or sneeze - tissue in the bin and wash, or disinfect, your hands immediately
- **Don't touch your face** - especially your eyes, nose and mouth
- **Clean surfaces** - disinfect surfaces around you - especially mobiles, computers, keyboards, worktops, desks, handles...

Guide To Social Distancing

Guide To Self Isolation

Support Available Nationally

I know that many are facing hardships due to social isolation measures and business closures. That is why the Government has announced an unprecedented package of support from business grants, loans, business rates relief and deferred tax payments to widening access to benefits and welfare, supporting renters and those paying household bills. I can only reiterate the Government, making clear our commitment to do 'whatever it takes' to support you in this time of national crises and new announcements are being made daily with further supportive measures.

Support For Businesses

Support For The Self-Employed

Support For Individuals

What Support Is There For Me Locally?

There are a number of organisations that are providing local support, from the Stubbington and Hill Head Community Project to Fareham and Gosport Coronavirus Volunteers and Acts of Kindess Community.



There are also numerous local restaurants that are offering take away services and local shops that have dedicated NHS and elderly and vulnerable hours opening times.

You can find all this information on my website linked below and if you know of any support group or business that would like to be added to the list please email me at caroline.dinenage.mp@parliament.uk.

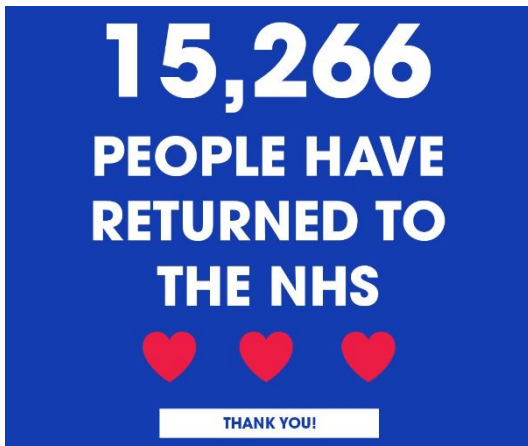
Local Support Available

What Can I Do To Help Locally?

You can get in touch with the Gosport Voluntary Action Group at 02392583836 to register as a Community Volunteer.

Gosport Voluntary Action Group

What Can I Do To Help The NHS?



The NHS are asking all those primary carers to consider coming back to work for our healthcare system as part of the #YourNHSNeedsYou campaign.

Rejoin The NHS Workforce

Be Careful Of Scams!

Unfortunately, there are those out there looking to take advantage of these desperate times and especially of our vulnerable community. I have produced a Scams Advice page which you are welcome to share to ensure that we remain vigilant against misinformation and fraud.

Scam Advice

How To Keep Up To Date

On my website, I have a dedicated webpage that focuses on guidance for residents in Gosport, Stubbington, Hill Head and Lee-on-the-Solent, from individuals to businesses and employees.

This page is regularly updated with the Government and NHS advice as it comes out. I recommend that everyone keeps an eye on this page, the Government advice page and the Government's daily press conferences that can be watched on any live news channel, to ensure that they are up to date.

My Coronavirus Webpage

My Team



Meet my team, Glenn, Joe, Eli and Natasha who are working around the clock to help you and other residents get the help and support you need while we fighting this outbreak.

On a personal note, I know that these are extremely trying times for everyone. I understand you may have worries and concerns, if you have any questions that you can't find the answer to here or online, please email caroline.dinenage.mp@parliament.uk my team & I are here to help.

Given the serious nature of this virus and the impact that these isolating measures will have on people, their jobs and livelihoods, I cannot stress how important it is that people follow the Government guidance and stay at home. In this time of national crises, we need to be as selfless as possible to stop the spread, protect the NHS and our community. It is the only way in which our lives will return to normal.

I will try my utmost to keep everyone updated as the situation develops. Stay safe!

*Best wishes,
Caroline x*



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