

Guidance is constantly changing as the situation evolves rapidly. At the time of writing current Government guidance is that the elderly, pregnant women and those in poor health must try to limit social contact.

Your entire household must self isolate and stay at home for 14 days if you have coronavirus symptoms (isolate for 7 days if you live alone):

- a high temperature – 37.8 degrees or above; you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do NOT go to a GP surgery, pharmacy or hospital.

You do NOT need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

ONLY use the NHS 111 online coronavirus service (or call 111 if you do not have internet access) if:

- you feel you cannot cope with your symptoms at home.
- your condition gets worse.
- your symptoms do not get better after 7 days.

Coronavirus

17/03/202



Guidance from Millom Town Council

DO NOT panic buy food and household items. There is no need for current shortages - the shops are restocking regularly but panic buying is leading to empty shelves.

Please CHECK on elderly or vulnerable friends and neighbours - if you can shop for them, to save them coming into contact with others unnecessarily then please do so.

Please CALL the Town Council's emergency helpline on 07801 957 541 to report anyone suffering or in need as a result of the current situation. The Council can arrange for the delivery of essential food, medicine and grocery items to the elderly or vulnerable who have no one else to help them.

If you can DONATE any essential items (non perishable items such as long life milk, sugar, cereals, pasta, rice, baby milk, toilet rolls etc) to be distributed to those in need, please drop them at the collection points in Haverigg Shop, Scoop Value, Age UK or Tesco. Check our Facebook page for an updated list of needed items and drop off points.

Many local shops and businesses will DELIVER to people at home. Please see overleaf for a list of some of them. If you are elderly, vulnerable or self isolating please consider using a delivery service to limit contact with others and help prevent the spread of the virus.

Millom Town Council emergency helpline:
07801 957 541

Coronavirus

Local shops and businesses who can deliver during this crisis:

Andy Pratt: Will deliver to your door on Monday, Wednesday and Friday. All milk and dairy products, eggs, bread, fresh fruit and vegetables. Message on Facebook, phone on 01946724097 or email andrew.pratt7@btinternet.com.

Manor Farm Milk, A&A Garnett: Delivers fresh milk, eggs, yoghurt, cream, cheese, butter, orange juice as well as potatoes and tea bags. Call 01229 716 326.

Haverigg Shop (Londis): Free delivery of groceries to the local area. Call 01229 343450 or message on Facebook.

Scoop Value: Offer FREE delivery 7 days a week. Call 770062 or text 07754 894 640 and their helpful staff will discuss your order with you.

Rowlands Pharmacy offer a prescription delivery service (but not other pharmacy sales). Call 01229 772262.

Brookfield Farm Potatoes: Farm shop on North Lane, Haverigg (the camp road) selling fresh milk, cheese, butter, cream as well as a huge range of vegetables and fruit. They will also deliver. Message on Facebook or call 07850 113 376.

Patton's butcher - will deliver their meat and related products, call 772696 with your order.

The Byre Cafe will deliver meals, soups, sandwiches, quiches, cakes, desserts, bread milk, vegetable bags and toilet rolls to Millom and Bootle. Orders can be made and paid for



via phone - 01229 718 757.

If anyone needs their dog walking or pet food delivered or pets taken to the vets Paws and Claws Pet Sitting can help you. Find them on Facebook or call 07494 372 085.

Powerworld will deliver locally if you need electrical and household appliances. Email powerworlduk@yahoo.co.uk or call 01229 771988.

The Harvest Bakery are happy to deliver - contact John or Kelly French on 01229 774779.

Silecroft Beach cafe will deliver meals (including burgers, sandwiches and salads). Call 07907 431 202.

Deano's Plaice - fish, chips and other food delivered Sunday and Monday (open 4pm-8pm Sun, 4pm-9pm Mon) call 01229 779303.

Laura's Floral Designs - flower orders can be placed and paid for by phone and delivered. Contact on Facebook or call 01229 231 974.

Trackside Cafe will deliver meals, call 01229 208 398.

IMPORTANT NOTE: When arranging for items to be delivered you MUST inform the provider at the time of ordering if you are self isolating so they can take appropriate measures to limit contact and the risk of infection.