

## Corona virus COVID-19 **Community Response**

### **Need help and support?**

- if you're struggling to get food/supplies and don't have anyone to help
- if you know someone who might need support
- if you want to offer help in your community

**Call our helpline: 01484 226919**

**8am – 6pm weekdays and currently 10 – 4 pm  
on bank holidays and weekends**

**Or go to [www.kirklees.gov.uk/covid19response](http://www.kirklees.gov.uk/covid19response)**

## **Communities in action**

Larger community organisations are also coordinating efforts across Kirklees:

- Yorkshire Children's Centre
- More in Common
- Paddock Trust
- Holmfirth Tech
- Colne Valley Care Co-operative
- Denby Dale Centre
- Huddersfield Mission
- Local Services 2 You
- Chestnut Centre Centre

To get in touch with them, visit our website or call our helpline on 01484 226919.

For more information go to <https://covidmutualaid.org/local-groups>

**Keep up with all the latest local information and support at:**

- [www.kirklees.gov.uk/coronavirus](http://www.kirklees.gov.uk/coronavirus)
- @KirkleesCouncil

## **Stay at home**

**unless you need to leave for:**

- essential shopping
- exercise once a day
- helping the vulnerable
- work - if you can't work from home

**2m social distancing when among other people**

## **Wash your hands**

**with soap and water often, for at least 20 seconds especially when you ...**

- arrive home
- use the toilet
- eat or handle food
- sneeze or cough

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.

Put used tissues in the bin immediately and wash your hands afterwards.

Do not touch your eyes, nose or mouth if your hands are not clean.

## **Look after yourself**

**It's important during these difficult times to stay healthy**

- Stay in contact
- Quality sleep
- Keep a routine
- Mental health