



4<sup>th</sup> August 2020

Dear resident

In this email

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We are sending emails like this one to residents of the New Forest with information about our services, and updates as we respond to the Coronavirus (COVID-19) outbreak.

You can unsubscribe at any time – see the end of this email.

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## **Support and advice for Hampshire residents**

There are some things that can really make a difference to people at this time:

- Learning how technology can help you
- Staying active
- Getting out and about safely
- Reconnecting with others safely
- Looking after yourself – health and wellbeing

You can find information on these on the Connect to Support Hampshire website: <https://www.connecttosupporthampshire.org.uk/>

A helpline (Monday – Friday) is available to provide information and advice, as well as practical support to frail or vulnerable Hampshire residents – 0333 370 4000

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## **Cabinet meeting**

At our cabinet meeting on Wednesday 5 August, 10am, council members will be discussing the ways we're working to help the district recover from the impacts of Coronavirus.

Watch the meeting on YouTube at <https://youtu.be/lgS4MYh5ACo>

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## **Crabby about litter**

You can enter our #crabby selfie competition when you visit the coastal areas of Calshot, Milford on Sea, or Barton on Sea.

Look out for the billboards featuring a giant crab, reminding visitors to take their litter home and providing free litter bags so there is no excuse to leave rubbish behind.

Read more about the crabby litter project and how to enter the competition at <https://newforest.gov.uk/crabby>

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## **How long to isolate for if you have symptoms**

The most important symptoms of coronavirus (COVID-19) are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

If you have symptoms of COVID-19, however mild, you must self-isolate for at least 10 days from when your symptoms started. You should arrange to have a test to see if you have COVID-19. Do not go to a GP surgery, pharmacy or hospital.

Find out how to get a test at <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

Read the latest guidance about what to do at <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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## **Shielding guidance for adults and children in England who are clinically extremely vulnerable**

If you're clinically extremely vulnerable you were advised to take extra precautions during the peak of the pandemic in England. This is known as 'shielding'.

The government is advising that you do not need to shield at the moment. This is because the rates of transmission of coronavirus (COVID-19) in the community have fallen significantly.

What has changed:

- you can go to work as long as the workplace is Covid-secure, but should carry on working from home wherever possible

- you can go outside as much as you like but you should still try to keep your overall social interactions low
- you can visit businesses, such as supermarkets, pubs and shops, while keeping 2 metres away from others wherever possible or 1 metre, plus other precautions such as a face covering
- you should continue to wash your hands carefully and more frequently than usual and that you maintain thorough cleaning of frequently touched areas in your home and/or workspace

You can read more about what this means and what the guidance is on the gov website: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

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## **Fly tipping stop and checks**

Over the past few months we have been carrying out roadside stop and checks of vehicles with the police, at known routes for fly tipping hot spots.

This is part of our ongoing action to tackle fly tipping in the district.

We check the police national database, check the vehicle is insured and has a current MOT, and if waste is being carried we check for a waste carrier licence.

Report fly tipping at <https://www.newforest.gov.uk/article/1018/Fly-tipping>

It is your duty of care to dispose of your waste correctly. You could be fined an unlimited amount if your waste ends up fly tipped, and you cannot show that you took reasonable steps to prevent it. If you pay someone to remove your waste, check they are licensed

at <https://www.hants.gov.uk/wasteandrecycling/flytipping>

- Book a slot at Hampshire County Council's household waste recycling

centres <https://www.hants.gov.uk/wasteandrecycling/recyclingcentres/book-appointment>

- If you have a large item that can't be reused elsewhere, and you are not able to take it to the tip, we can collect it from you for a small charge. Find out more <https://newforest.gov.uk/article/978/Bulky-Waste-Collection>

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## Benefits and support

If you need financial help, you can apply for Housing Benefit, Council Tax Support, Universal Credit and Discretionary Housing Payments, depending on your circumstances.

You can find more information on our website at <https://newforest.gov.uk/benefits>

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Latest information from NFDC:

<https://www.newforest.gov.uk/coronavirus>

Latest information from central government: <https://www.gov.uk/coronavirus>

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