



Coronavirus
COVID-19
Public Health
Advice



MANCHESTER
CITY COUNCIL



STOCKPORT
METROPOLITAN BOROUGH COUNCIL



Salford City Council



Coronavirus - take action now to protect yourself, your family and your community

Coronavirus is a highly contagious virus that could make you very unwell. It can spread quickly, so the government has put strict measures in place to try to slow the spread, including closing all non-essential stores and reducing people's movements.

Pikuach Nefesh, saving life, is the highest principle in Judaism. Follow the actions below to save the lives of your family and your community. They are essential for everyone's safety and to stop the spread of the virus.

Stay at home



- ✓ Only go outside for essential food, health reasons or to travel to work, where you cannot work from home.
- ✓ Stay two metres (three steps) away from other people.
- ✗ The elderly and those with underlying health conditions should not leave their homes under any circumstances (self-isolation).

Do not meet in groups for any reason



- ✗ Do not meet in groups for any reason.
- ✗ You must not join with others, not even relatives or close neighbours for any reason. This includes weddings, Bar Mitzvahs, Bat Mitzvahs, Minyanim, Shiurim and prayer meetings.
- ✓ You must eat all meals only with those in your household and not visit others.
- ✓ Use online delivery, where possible, for your food shopping and other household essentials.

Wash your hands regularly with soap and water



- ✓ Wash your hands for at least 20 seconds each time. Use hand sanitiser if soap and water is unavailable.
- ✓ Cover your mouth and nose with a tissue, not your hand, when you cough or sneeze. Put used tissues in the bin immediately and wash your hands.
- ✓ If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the NHS 111 coronavirus service.

Where to get more support

- Salford City Council residents that need to self-isolate and require assistance can call the Spirit of Salford helpline on 0800 952 1000 Monday to Friday, 8.30am to 6pm. They can also complete the form online at www.salford.gov.uk/spiritofsalford
- Bury Council residents that require assistance can call the community hub helpline on 0161 253 5353 Monday to Sunday, 9am to 5pm. Or visit www.bury.gov.uk/communityhubs
- Manchester City Council residents that require assistance can call the helpline on 0800 234 6123, Monday to Saturday, 8.30am to 5.30pm. Or visit www.manchester.gov.uk/coronavirus
- Stockport Metropolitan Borough Council residents who are self isolating and require assistance can call the helpline on 0161 217 6046, Monday to Friday, 9am to 5pm, Saturdays 10am to 4pm. Or visit www.stockport.gov.uk
- Trafford Council residents who are self isolating and require assistance can call the helpline on 0300 330 9073, Monday to Friday, 8.30am to 5.30pm. Or visit www.trafford.gov.uk
- Manchester Kehilla Isolation Support helpline - 0161 660 1777.
- Jewish Action for Mental Health helpline - 07510 204 844.
- Hershel Weiss Children and Family Centre is offering a range of remote services - 0161 778 0070 or 07884 742 976.
- Shomrim support and information line for those without internet: 0330 0887 510 local rates apply as per your tariff.