



WASH YOUR HANDS FREQUENTLY

Use an alcohol hand gel in addition to regularly washing your hands with soap and water.



MAINTAIN SOCIAL DISTANCING

Maintain at least 2 metres (6 feet) distance between you and anyone who does not live in your household.



SELF-ISOLATION PROTOCOL

Those who are at extremely high risk have/will receive a letter from the NHS advising them to self isolate for 12 weeks.



SEEK MEDICAL CARE EARLY

If you have a fever, cough and difficulty breathing- seek medical attention, stay at home and call NHS 111.



TAIN & DISTRICT
DEVELOPMENT TRUST

Empowering Our Community



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www.tainddtrust.com | Open Monday to Friday from 9am until 5pm



Community Update

News | Information | Useful Numbers



Community Engagement



We have aided the humanitarian efforts for CCAST and YMCA. Also, packs have been distributed to the Over 60's club members via WRVS, and our volunteers have been distributing information cards (so no-one is left isolated during this pandemic).

Clap For Heroes



A big thank you to volunteers, NHS staff, key workers or anyone working to ensure our community is functioning!

Keep Calm & Be Kind

Remember to look after your mental health- set yourself a 30-day challenge as we face global crisis. Search for: actionforhappiness.org/10-keys



Meals on Wheels

*Are you over 70 years of age?
Would you like meals on wheels?*
We are trying to gauge interest in this concept. Essentially, meals would be delivered to your door. Donation may be given if so desired.

Phone [07851958823](tel:07851958823) or email info@tainddtrust.com if you are interested.

Useful Numbers

Government Updates: <https://www.gov.uk/coronavirus>

Highland Council COVID-19 Helpline: 0300 303 1362

NHS Helpline: 0800 028 2816

What is "Shielding?"



Shielding is a measure to protect those most vulnerable. It is recommended to not leave your home, and to minimise all non-essential contact with other members of your household.

