

Blaengarw Covid-19 Action and Support Group

If you have no way of getting groceries or prescriptions please contact the Blaengarw Covid-19 Community Group on 07745791856 between 9am-9pm from Thursday 19th March

Self isolation, especially over a long period of time, can affect your mental health and increase your chances of loneliness. If you would like to have a phone conversation buddy then this can be provided by ringing 07745791856 (between 9am-9pm from Thursday 19th March) where you will put in touch with a volunteer or alternatively call:

Independent Age on 0800 319 6789 (for those 50+)

The Silver Line on 0800 470 8090 (for those 50+)

Samaritans on 116 123 (for any age)

**IF YOU WOULD LIKE TO VOLUNTEER THEN PLEASE EMAIL
BLAENGARWCOVIDVOLUNTEERS@GMAIL.COM OR FIND US ON FACEBOOK BY
SEARCHING Blaengarw Covid-19 Advice and Support**

PUBLIC HEALTH WALES ADVICE FOR THOSE SELF ISOLATING (AS OF 18/03/20)

Clean frequently touched surfaces with household products like detergents and bleach on a regular basis especially before and after possible contamination e.g. before and after meal preparation on kitchen work surfaces.

DO NOT put tissues and disposable cleaning cloths directly into your household waste. You should firstly double bag them and keep them securely and separately for at least 72 hours before putting them in your general waste.

Wash your clothes as normal but ensure you don't shake the clothes beforehand in order to limit the spread of the virus from your clothes. IF YOU DO NOT HAVE A WASHING MACHINE wait a further 72 hrs after your isolation time has ended before taking them to a public laundromat.

Make sure you drink plenty of water. You can also take over the counter medicines such as paracetamol to help with your symptoms if you need to.

If your illness is worsening but not an emergency, contact NHS Direct Wales online or ring 111 for advice. IF IT IS AN EMERGENCY PHONE 999

DO NOT invite or allow in social visitors such as friends and family during your self isolation period.

PRESCRIPTIONS

If you need to order repeat prescriptions you can do it in 2 ways:

- 1) Ring CWM GARW PRACTICE directly on 0845 293 7399
- 2) Online by emailing pontycymmer.prescriptions@wales.nhs.uk

YOU CANNOT ORDER REPEAT PRESCRIPTIONS AT THE PHARMACIES FOR THE FORESEEABLE TIME WITHIN STORE OR OVER THE PHONE

Well Pharmacy

There is no more capacity for home deliveries. If you have already signed up for deliveries you should be unaffected for the time being.

If you want to sign up for the text service which will notify you when your prescriptions are available you can ring 01656 870317 (you can give your landline number for this service also)

NB: IF YOU ARE LOW ON YOUR MEDICINE WITH NO GIVEN DATE FOR COLLECTION/DELIVERY AND ARE SIGNED UP TO WELL PHARMACY please phone 01656 870317

PLEASE BE PATIENT DURING THIS TIME, THE PHARMACY IS DOING ITS UTMOST TO PROTECT THE PUBLIC AND ENSURE EVERYONE GETS THEIR MEDICATION

Lloyds Pharmacy

Please ring at minimum 48hrs before you want your medication available.

There is still capacity for home deliveries, if you want to sign up to Lloyds for your home delivery please inform CWM GARW PRACTICE when ordering repeat prescriptions.

PLEASE BE PATIENT DURING THIS TIME, THE PHARMACY IS DOING ITS UTMOST TO PROTECT THE PUBLIC AND ENSURE EVERYONE GETS THEIR MEDICATION

What if I can't collect my prescription?

You can either ring the Blaengarw Covid-19 support and action group on 07745791856 where one of our volunteers will get in contact with you or alternatively ask a neighbour or family member to collect it for you.

They will need your name and address in order to pick up your prescription. If it is controlled medication they will need to show ID