



Laborians, protect yourselves and protect others!

Remember: Stay home – unless you are an essential service worker - and avoid all non-essential economic and social activities from Monday 23rd March to Sunday 5th April.

Going with friends to the beach, visiting neighbours for a chat or hanging out together to listen to music are *not* essential activities.

COVID 19 hotline: 311.

For more information on the coronavirus disease (COVID 19), call the Bureau of Health Education at 468-5349, 468-5349 or 468-5350 or visit www.facebook.com/ministryofhealthsaintlucia or www.health.govt.lc

If you are experiencing respiratory symptoms, call the Vieux-Fort Respiratory Clinic at 454-6337
Other useful numbers: Vieux-Fort Fire Service – 455-6151 and Laborie Police Station – 456-3645

And remember to:

- Avoid contact with someone who is displaying symptoms of coronavirus, such as high temperature and/or a new and continuous cough
- Avoid all non-essential use of public transport when possible
- Work from home, where possible
- Avoid large and small gatherings in public spaces
- Avoid gatherings with friends and family. Keep in touch using remote technology, such as the phone, internet, and social media
- Use the telephone to contact your doctor or other essential services – do *not* visit them without a prior confirmed appointment
- If you are sick, call a health care provider before going to the hospital for advice on what you should do and if you should leave home

Also remember to:

- wash your hands often with soap and running water for at least 20 seconds - or use a hand sanitiser - when you get home or go into work, when you blow your nose, sneeze or cough,

when you eat or handle food, before and after holding young children

- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people, especially those who already have symptoms
- cover your cough or sneeze with a tissue, then throw the tissue in a lined bin and wash your hands
- regularly clean and disinfect frequently-touched objects and surfaces in the home
- stock an adequate supply of drinking water, canned and other non-perishable foods, and gas - in a responsible manner, so that others can also do the same
- stock cleaning supplies, including bleach and paper towels
- prepare a first aid kit & stock at least a month's supply of medication for family members with chronic diseases
- stay safe: when in doubt, ask for advice from one of the professionals listed above and not from a family member, friend or neighbour
- in unexpected situations, do not panic and use your common sense

Non-essential businesses have been asked to close. **Queries or concerns about services that have been scaled down or suspended should be directed to the National Emergency Management Organisation (NEMO) office at phone (758) 452-3802 or email admin@nemo.gov.lc**