

# CORONAVIRUS (COVID-19)

## HOW WE CAN HELP EACH OTHER

With a strong network of people committing to regular communication, nobody should be left alone and unsupported during this crisis.

**For the latest information on COVID-19 visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)**

**Don't buy more than you need.** Panic buying means some people can't buy essential items. It's also hindering food banks that desperately need it to support people worse off.

**Avoid contact.** Work from home if possible. Avoid non-essential travel, pubs and social gatherings.

**Keep in touch with family and friends.** Use phone calls, video calls, email and social media to check in with your loved ones regularly.

**Cover your mouth and nose** with a tissue or your sleeve (not your hands) when you cough or sneeze put used tissues in the bin immediately and wash your hands afterwards.

**Wash your hands** with soap and water often – do this for at least 20 seconds. Always wash your hands when you get home or into work.

**Support vulnerable people in your community** such as the very young, elderly and people with low immunity. You can offer neighbours help via a paper message through their letterbox. Ensure you wash your hands before handling the paper and wear gloves.

**Reach out to those who are isolated.** There are times when we will be worried or frightened, and some may go through loss of loved ones. Reach out to them either online or through safely handled paper messages.



**extinction  
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derby**

We've already been thinking about the breakdown of society, because we are concerned about the climate and ecological emergencies. For humanity to survive these crises, we need to support each other and build strong community bonds. We need to be compassionate and supportive of our family, friends, neighbours and strangers in these difficult times.

Extinction Rebellion exists to protect life, both now and for future generations. Right now, we all need to prioritise public health, follow advice from scientists and doctors, and be mindful of the most vulnerable in our communities.

Mass public gatherings will not be organised by Extinction Rebellion until it is safe to do so. We are running online campaigns both for helping communities affected by COVID-19 and to keep demanding urgent action on the climate emergency.

**Find us at [www.rebellionderby.earth](http://www.rebellionderby.earth) or on social media @xrderby.**