

# Covid-19: Help from your MP during the outbreak

**James Cartlidge MP**  
Member of Parliament for South Suffolk



HOUSE OF COMMONS

Dear Constituent,

I hope that you and your loved ones are safe and well, and that you continue to follow the advice on how to reduce the risk to yourselves and others from the Covid-19 coronavirus. In line with social distancing guidelines, I am not currently holding constituency surgeries and my team are working remotely. As such, I wanted to highlight the ways in which you can contact me if you require assistance:

**Email:** [james.cartlidge.mp@parliament.uk](mailto:james.cartlidge.mp@parliament.uk)

**Telephone:** 020 7219 4875

**Website:** [www.jamescartlidge.com/covid-19](http://www.jamescartlidge.com/covid-19)

The most important point for me to underline as your MP is that it is vital that we all follow Government health advice, particularly on social distancing, all of which is designed to save lives.

Although I don't know how long this outbreak will last, or how long these restrictions will be in place for, I do know that our community is strong and that working together we will beat this coronavirus outbreak. In the meantime, I am here to help.

**James Cartlidge**

Member of Parliament for South Suffolk



**STAY AT HOME**

**PROTECT THE NHS**

**save lives**

- Stay at home
- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.

## Other Advice and Support

**Do you need a volunteer's help while you are isolated at home?** Call: 0800 876 6926.

**Latest Advice & Guidance** – [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**NHS** – 111.nhs.uk (Only phone if you cannot get help online)

**Universal Credit** – 0800 328 5644

**Business Support** – 0300 456 3565

**Suffolk County Council** - 0345 606 6067

**Babergh District Council** – 0300 123 4000

**Education coronavirus hotline** – 0800 046 8687

**HMRC** – 0800 015 9559