

Coronavirus Covid-19

As you will be aware the Covid-19 virus continues to spread across the globe and now also in this country.

Although the number of confirmed cases of Coronavirus in Suffolk and Norfolk is very small, this is likely to increase over the coming weeks. Additionally, there may well be more cases circulating that have not been officially registered. So, what is important is that in line with Government and medical advice, we must do everything we can within our community to prevent the spread of this disease.

You will see on our website at <http://greatlivermere.onesuffolk.net/> there is a Coronavirus advice sheet and most will be familiar with the guidance, but it is important for us all to follow this advice very carefully. In the document you will also find links to all the relevant current Government advice so please do keep yourself up to date with the latest developments.

How can we help each other?

Within our community there are some elderly residents who may live on their own and perhaps without access to the internet. In situations like these it is essential that no one is left abandoned. Please take the trouble to make sure that your neighbours, friends and family have someone to phone in case they need any help either to contact medical advice or, in the event of their self-isolation, to collect prescriptions or essential foodstuffs.

Whilst we expect the national situation to worsen over the next months, it will begin to recover, and we hope the impact will be limited in our small rural community. But we must be ready if things do deteriorate and so it would be helpful to know of any who might be prepared to assist with collections of prescriptions and foodstuffs for our most vulnerable residents should the need arise. If you are, then please email coronahelp.q1@gmail.com with a contact number and email address and we will be in touch in due course.

However, we would stress that we would want all our residents to play their part as the first line of help and support and ask that you all establish a contact system with family, friends and neighbours and particularly with those who are most vulnerable and on their own.

Where can you get help if you need it?

If you feel that you have absolutely no-one to help you, there is telephone support available from members of the church community on the card provided with this letter or via email coronahelp.q1@gmail.com

This support is available for **all** who really need it in our community and we will do what we can to help put you in touch with someone who could help.

Current advice regarding Coronavirus

The advice regarding symptoms, self-isolation and where to get medical help is changing constantly. We would advise that you access the information that is available online and is updated regularly. Basic guidelines are as follows:

- We have all been asked to practice **social distancing** at this time. Measures include:
 - Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
 - Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
 - Work from home, where possible. Your employer should support you to do this. Please refer to employer guidance for more information
 - Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs

- Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
- Use telephone or online services to contact your GP or other essential services
- If you develop symptoms that are indicative of Coronavirus, then you must self-isolate at home for 7 days from the start of these symptoms. Typically, this means if you have a fever and or a new persistent cough. It is important that you do this no matter how mild the symptoms. If you live with other people then the whole household should self-isolate for 14 days.
- If you develop symptoms of Coronavirus then in the first instance, if possible, use the **NHS 111 online service** <https://111.nhs.uk/covid-19> for further information and advice and do not phone NHS 111 at this stage. However, if over the course of your self-isolation your condition worsens and gives greater cause for concern then do call NHS 111.
- **Do not go to a GP surgery, pharmacy or hospital. Use the NHS 111 online service if possible but Call 111 if you cannot access the online service and you need to speak to someone.**

How to avoid catching or spreading the virus

- do 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
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell
- do not touch your eyes, nose or mouth if your hands are not clean

How to self-isolate

If you have developed symptoms or been asked to self-isolate, then you must stay away from other people.

This means you should:

- stay at home and isolate yourself from the rest of the family. Use separate towels and flannels and wipe down surfaces after using the bathroom or kitchen.
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food but keep your distance, about 2 meters away, and avoid physical contact.

More information is available at these official web links

www.nhs.uk/conditions/coronavirus-covid-19/common-questions/

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Please contact the community support available by phone or by email using the contact details in this letter and on the church contact sheet attached if you are in need of help.

Great Livermere Parish Council

March 2020