

# CORONAVIRUS

The safety and well-being of villagers is currently our top priority and in the wake of the Coronavirus outbreak, **Rowington Parish Council** has prepared this leaflet for your information. In addition, are also providing a contact number for the Parish Clerk in the event any villager requires assistance should they have to self-isolate.

**Please contact Nicola Everall – Parish Clerk on 01564 785145 or 07940 476727**

The Parish Council is also compiling a list of 'Community Volunteers' who would be willing to deliver essential provisions and/or medicines to villagers in need who are unable to leave their homes. If you are willing to help and wish to be included on our volunteer list, please email your contact details to [clerk@rowingtonpc.org.uk](mailto:clerk@rowingtonpc.org.uk)

## Public Health Warwickshire

Warwickshire County Council (WCC) and its Public Health Warwickshire team are working round the clock, but in a calm, strategic and proactive way, in close liaison with Public Health England for the people and communities of Warwickshire. WCC is also prioritising staffing resources towards safeguarding children and child-care, vulnerable adults, home care services and schools.

In keeping with the national guidance, WCC is working with colleagues to keep schools open, and people coming to work. However, this is a fast-changing situation and so WCC recognises that things may change over the coming days and weeks, with decisions taken based on scientific evidence.

Warwickshire is also working closely with Coventry and Solihull, which follows the extensive Flu Epidemic Training exercise all three areas and their multi-agency partners carried out together in December 2019, and as a result are better prepared than other regions to respond to Covid-19.

## What are the symptoms of the new coronavirus?

According to the World Health Organization (WHO), the main symptoms of the coronavirus usually include:

- **A dry cough**
- **A temperature**
- **Tiredness**
- **Shortness of breath (in more severe cases)**

Some patients may have "aches and pains, nasal congestion, runny nose, sore throat or diarrhea", the WHO adds. "These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell".

These symptoms are similar to other respiratory diseases including flu and the common cold.

## When should I seek medical help?

People having difficulty breathing should seek medical attention quickly. But do not go out. Instead, you should call NHS 111.

If you just have a **FEVER** and a **COUGH** - the main early symptoms of coronavirus - the government now advises that you self-isolate for seven days. This will help protect others.

If you live alone, ask your employer, friends and family to help you to get the things you need.

If you live with others, try and stay at least two metres away from other people. Also sleep alone and use a separate bathroom if possible. Stay away from vulnerable individuals such as the elderly and those with underlying health conditions.

You do not need to call NHS 111 to go into self-isolation. But if your symptoms worsen during home isolation or are no better after seven days contact NHS 111 online. If you have no internet access, you should call NHS 111. **For a medical emergency dial 999.**

Do not go to a GP, pharmacy or hospital because if you have the virus you may infect others.

## **How to 'self-isolate' if you think you might have coronavirus**

If you think you may have the virus, you should try to isolate or quarantine yourself.

This means you should:

- Stay at home
- Avoid work, school and other public areas
- Avoid public transport and taxi
- Ask friends and family to deliver food, medicines etc. rather than going to the shops – or alternatively call one of the Parish Councillors who can put you in touch with our community volunteers
- Discourage visitors
- Advise a parish councillor and a neighbour

## **How is the new coronavirus spread and how can I protect myself?**

Hand hygiene is the first and most important line of defence.

Like cold and flu bugs, the new virus is spread via droplets when a person coughs or sneezes. The droplets land on surfaces and are picked up on the hands of others and spread further. People catch the virus when they touch their infected hands to their mouth, nose or eyes.

It follows that the single most important thing you can do to protect yourself is to keep your hands clean by washing them frequently with soap and water or a hand sanitising gel.

Also try to avoid touching your mouth, nose or eyes with unwashed hands – something we all do unconsciously on average about 15 times an hour.

Other tips include:

- Carry a hand sanitiser with you to make frequent cleaning of your hands easy
- Always wash your hands before you eat or touch your face
- Be especially careful about touching things and then touching your face
- Carry disposable tissues with you, cover your nose and mouth when you cough or sneeze and dispose of the tissue carefully (catch it, bin it, kill it)
- Do not share snacks from packets or bowls that others are dipping their fingers into
- Avoid shaking hands or cheek kissing if you suspect viruses are circulating
- Regularly clean not only your hands but also commonly used surfaces and devices you touch or handle
- Drink plenty of water

**IN THE MEANTIME, STAY WELL AND SAFE**

*Rowington Parish Council - March 2020*