

Brixton Parish Community Emergency Plan special supplement

11 March - Coronavirus / COVID-19 2020 update

This will be updated by the Coordinator/ Team members to share how we can best support each other in our community during COVID-19

Today, the World Health Organisation declared that this is a pandemic – over 118,000 cases in 113 countries. But they stressed that while it is the first coronavirus to be described as a pandemic it is also the first one that can be stopped by human actions. Most of the cases are in four countries.

We ourselves can slow it down and limit the number of infections. Devon plus Torbay have 20 cases confirmed so we know there will be lots of chances of catching it locally. We can limit the risk through common sense. Sensible people have completed self-isolation and are perfectly healthy. Others are now doing the same on return from hot spots. People should immediately self-isolate if they feel unwell – either temperature or cough are the most common symptoms.

We can and should all reduce our potential for catching or passing on the virus:

- Wash hands thoroughly for 20 seconds with soap and warm water, or use alcohol gel, especially after being in public places.
- Don't touch your or anyone else's eyes, nose or mouth unless hands are cleaned first.
- Catch coughs (or sneezes) in a handkerchief, then bin it immediately. Or cough into your elbow. Don't cough into the open.
- Have two weeks' normal supplies in stock as any of us may need to self-isolate at short notice.
- Anyone feeling unwell eg fever should NOT to go to a health centre but **phone 111** who can arrange a test. Anyone waiting for results of a test should self-isolate.
- It is less likely to be spread outdoors; avoid indoor crowded situations and keep your distance.
- Have a thermometer to hand and check temperatures regularly especially if feeling unwell; fever seems to be a consistent symptom of COVID-19. Fever may disappear and then the illness come back after a few days, so any fever should be reported using 111.
- Isolate immediately if feeling unwell and avoid close contact with anyone else until test results are received. Testing kits are being increased to deal with demand and turnaround speeded up.
- Think through how to isolate without infecting others in the household – ie stay in one room, do not use communal areas like kitchen, disinfect all surfaces especially bathrooms after use, keep all belongings in the room with the person, double bin any waste including tissues, rubbish in two sealed plastic sacks and do not dispose of these in normal waste until the all clear is given. If Covid-19 confirmed, you will be told what to do with waste.
- Keep your distance – at least 3ft from others – to help slow down transmission.
- Avoid shaking hands, pumping fists, kissing or hugging people – keep your distance.

80% of people who catch it have it in a mild form and we will get through this with common sense and resilience. Please email or phone to let me know of local suspected or confirmed cases and look out for people who may need support, whether worried or ill. **The Emergency Team will need additional volunteers to cover all the Parish – please do put yourselves forward if you have transport and feel able to help in an emergency** eg shop and drop off – without putting yourself at risk. Please get in touch with me **01752 881873** or any of the Emergency team if you hear of anyone who needs help. See the Emergency Plan on brixtonparishcouncil.org.uk for more contacts. Brixton Community Emergency Plan Coordinator helen.deaswilliams@brixtonparishcouncil.org.uk **01752 881873**