

## **CORONAVIRUS (COVID-19) – ORCOP ACTION PAGE**

The purpose of this communication is to confirm the Parish Council's concern that during the Coronavirus epidemic, as a small community everyone has a regular contact and assistance as and when necessary from family, friends and neighbours and particularly if the parish becomes affected or if people are self-isolating or live alone.

**Please make sure that neighbours who do not have internet access do get a copy of this information.**

We should all be aware of the **government/NHS directives** and that the **OWL Good Neighbours Scheme** will still operate.

**COVID-19 is a new illness that can affect your lungs and airways.**

**Stay at home** if you have coronavirus symptoms;

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- Do not go to a GP surgery, pharmacy or hospital.
- Use the NHS 111 online coronavirus service to find out what to do. Only telephone 111 if you have an underlying health condition and become really unwell or cannot get help online.

**Schools will be closed** from Saturday 21 March until further notice.

**Many businesses will be closed.**

**Staying at home can help stop coronavirus spreading**

You'll need to stay at home for 7 days if you have symptoms of coronavirus (COVID-19) or live with someone who does. The whole household should isolate for 14 days if a member has Coronavirus. Staying at home means you should:

- not go to work, school or public areas
- not use public transport or taxis
- not have visitors, such as friends and family, in your home
- not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home

You can use your garden or walk the lanes and footpaths to exercise - **but stay at least 2 metres away from other people**. We in Orcop are lucky to live in open countryside and perhaps less at risk providing we take the above precautions.

**If you don't have any symptoms residents over 70 years old or having an underlying condition** which would make them more vulnerable (check by using NHS 111) should **self-isolate at home immediately for up to 12 weeks**. You can make brief journeys for food shopping or prescriptions.

Updates will be given should the above conditions change.

**The OWL Good Neighbours Scheme will still operate to assist those with no alternative help.**

By supporting those who have been told by the NHS/government to self-isolate by:

- Maintaining regular contact via telephone or email to check people are OK
- Doing their shopping for food/essential items and delivering it to their homes
- Collecting their prescriptions and delivering them to their homes.

**Anybody needing help please contact: Jane Rigler, mobile 07940308696.**

Several volunteers for OWL fall into the self-isolating category and therefore **we are seeking additional helpers** who can act as a local point of contact or help with collections/deliveries.

**If you are able to volunteer please contact Jane Rigler on tel. (01981) 241310.**

**Regular updates will be transmitted as necessary**

**The Parish Council website; [orcopparishcouncil.org](http://orcopparishcouncil.org)** will continue to provide updates from the **NHS/government**, these can also be accessed directly online:

**<https://www.nhs.uk/conditions/coronavirus-covid-19/>**

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

**The ORCOP ALIVE residents' email group:**

**<https://groups.google.com/forum/#!forum/orcop-alive>** will also continue to provide updates where appropriate anyone wanting to be included in this group should email Barry Cooper on **[bcooper@orcop.com](mailto:bcooper@orcop.com)**

**Meanwhile stick to the rules, keep safe and stay in good health!**

**ORCOP PARISH COUNCIL**