



## *Brixton Parish Community Emergency Plan special supplement*

# Coronavirus / COVID-19 2020 update

This page will be updated regularly as required by the Coordinator/ Team members on how we can best support each other in our Community during COVID-19

2 March 2020

As far as we know, for two weeks those infected may not have symptoms, but are infectious. We can minimise the potential for infection. I applaud two households in Brixton that were healthy on returning from the Far East but chose to self isolate for two weeks. We are glad they are fit and well and thank them for stopping a potential spread.

Common sense is key in long term management of this illness and the knock on effects of disruption in supply chains.

I suggest that we should:

- Advise anyone feeling unwell eg fever NOT to go to a health centre but **phone 111** who can arrange a blood test if appropriate (111 advice is pretty hit and miss, but hopefully the new people drafted in will be more consistent).
- Suggest to anyone returning from hot spots that if they can, to self-isolate for two weeks, even if they do not have any symptoms and take their temperature regularly.
- Have a thermometer to hand and check temperatures regularly if feeling unwell; fever seems to be a consistent symptom of COVID-19.
- Isolate ourselves if feeling unwell and try to avoid close contact with anyone (see online advice on how to do this without infecting others in the household).
- Have two weeks' normal supplies in stock as any of us may need to self-isolate.
- We should all wash our hands regularly and try not to touch our face; we should cough into elbow or disposable handkerchief then dispose of it securely.
- We should regularly clean hands with gel or soap and water especially after using touch screens at banks, tickets, surfaces likely to be handled by many others etc.. and may be sensible to avoid close contact, hugging, kissing or shaking hands.

Normal facemasks don't give real protection from catching the virus – but they may slow down spread by stopping healthy people from touching their faces or limit spread if infected people cough into their masks, rather than the open.

We will get through this and hopefully warmer weather (sunny today, between the showers!) will slow the bug down. Most of us have dealt with serious problems before and will deal with this with good cheer, common sense and resilience.

Please let me know of local suspected or confirmed cases and let us all look out for people who may need support and buddying, whether worried or ill. I suggest we use email and phone rather than meeting if we need to activate the Emergency Plan!!

Updated by H D W Plan Coordinator