# Coronavirus Community Support

## Self-isolation, Shielding and Social distancing – who needs to do what?

The number of people in the village self-isolating is certain to increase in the coming weeks and this is likely to raise levels of concern. This note is intended to

* say we will not abandon people who have to self-isolate for any reason and will offer what help our volunteers can safely provide eg delivering essentials
* remind everybody of the instructions from the government as to what individuals with or without symptoms of COVID 19 should do.
* ask for your cooperation in letting us and your neighbours know if you are self-isolating and for what reason so that we can take appropriate action to minimise the chances of catching or transmitting the disease.

**Clarifying key terms**

People who *have* COVID 19 should be **quarantined** ie not go out at all. Since few people outside hospital will be tested then anyone who *thinks* they have the disease should behave in the same way. Extremely vulnerable people (see 3 below) will effectively be quarantined but this is called ‘**shielding**’ as it is for their own benefit.

People who have symptoms of the virus (fever, continuous cough) or have had contact with people who have symptoms should **self-isolate** (see 2 below).Self-isolation means going out as little as possible but going for a walk or collecting essentials is allowed. Our volunteer services can help minimise the need to go out.

All of us need to engage in **social distancing** to reduce the spread of the disease. This means not leaving home except to go to work in essential services where it cannot be done from home, to collect food or medicines or to help others do so, keeping 2 metres apart. Again, our volunteers can help you avoid going out.

**Please help us strike the right balance between respecting confidentiality and helping others keep you and themselves safe.**

**Official guidance.**

1. **Volunteers** Those who have volunteered to help people who are self-isolating should ensure that they have read the latest guidance from the government which is attached here: If you can’t download it ask us for a copy

<https://www.gov.uk/government/publications/coronavirus-how-to-help-safely--2/coronavirus-how-to-help-safely>

1. **Those self-isolating**. Those who are self-isolating should ensure that they are aware of the latest government guidelines on how to self- isolate and for how long. The latest guidance from the government is here; again, if you can’t download a copy please ask and we will deliver a printed version.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

1. **The extremely vulnerable**. Those who the government has classified as extremely vulnerable and those supporting them should read the specific guidance below. Most people in this group will have already had a message from the government telling them so. Again please ask for a copy if you need to.

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

1. **All of us**. Social distancing applies to all of us whether in essential occupations and able to go to work, those working from home and those not able to work or go to school. The link to the latest guidance, received today, is below. Please ask for a copy if you need one.

[**https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others**](https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others)

Finally, if you find all this information confusing and would like to talk to someone medically qualified about how it might apply to you please ring or text 07534 410289

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*These pages are accurate as at 30.03.2020 and will be updated on the village website as and when minor details change. If major changes are announced, we will reissue it.*