

## The Covid-19 Outbreak - Neighbourhood Watch

---

golden ridge

11-Mar-2020 19:50

Posted in group: **GRNW Alert Mailing List**

### **GOLDEN RIDGE NEIGHBOURHOOD WATCH**

The Avon and Somerset Neighbourhood Watch Association have prompted schemes like ours to consider what we can do to "Look out" for our community during the current situation. Therefore, to assist in keeping as many members of our community as possible fit and healthy, we are providing information and hopefully practical help if needed.

On the website <https://www.ridgehill.uk/grnw/> there are links to websites where information can be obtained.

At this stage, please consider your reaction to the following questions:

Would you be happy to share the information if you are self-isolating?

Would you be willing to collect provisions, medicines, etc., for anyone who is self-isolating?

Initially, **if you are self-isolating**, and are happy to declare this, please can you respond to this email address [grnw99@gmail.com](mailto:grnw99@gmail.com) so that we will be prepared to help if necessary. To protect your privacy, your message will be seen by only two people, the Coordinator, Joan Daniels, and the Data Administrator, John Cass. Thank you if you decide to share this information with us.

If you are unable to receive help from family, friends, or people living near you, and you still need assistance, please email us on [grnw99@gmail.com](mailto:grnw99@gmail.com) and your message will be sent to the Contact Person responsible for your household. There are 12 of us for the 100+ households in the Scheme and hopefully we will be able to sort out any help you require, checking with you first about giving your details to anyone else we ask to assist us.

*Note: Those members in households without the internet are being given additional information about what they should do, initially by paper and then only by telephone. Copies of this message will be posted through the doors of non-members within the scheme area.*

### **BASIC INFORMATION** (mostly taken from the BBC News website)

**What are the symptoms?** If you think you might have the virus, these are the symptoms to look out for:

1. Fever and tiredness - headache
2. Cough
3. Breathing difficulties - shortness of breath
4. Muscle pain

The virus seems to start with a **fever** followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment.

### **How do I protect myself?**

1. Wash your hands for about 20 seconds with soap and hot water or use a sanitiser gel, especially when returning home after touching surfaces that may possibly be contaminated and also after touching delivery parcels,
2. Use a tissue for coughs and sneezes. If you don't have a tissue, use your sleeve.
3. Avoid touching your eyes, nose and mouth with unwashed hands.
4. Avoid close contact with people who are unwell.

### **What should I do if I feel unwell?**

Ring **111** - do NOT go to a GP surgery, pharmacy or hospital.

You may be asked to stay at home.

You may be tested for the virus (a) at hospital, (b) at a drive-through testing point, or (c) at home.

The experience of the latter has been that people come round to your home, dressed in protective clothing, take samples on swabs from your nose and mouth. You are then informed approximately two days later if you have tested positive.

**All relevant information is available on the website:** <https://www.ridgehill.uk/grnw/>

Joan Daniels, Coordinator, 7 Ridgehill, BS9 4SB