

Coronavirus

While we are all potentially liable to contract the disease, anyone with a pre-existing health condition is at a higher risk of the infection becoming fatal. And the risk increases dramatically for those above the high seventies.

We have not yet cancelled any meetings, but will keep a close watch on the news as the situation develops.

In the meantime please continue to follow the official advice.

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Coronavirus

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention by phoning 111 and follow their directions.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling 111 will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Members should also take note of the following:

If a member has returned from one of the areas identified by the government and has any of the symptoms identified on the government website they should not hold group meetings in their own homes, or attend groups or monthly meetings until they have followed the NHS advice provided after calling 111

The members of groups that any member with coronavirus has attended should all call 111 to ask for advice

If you are aware that a member has contracted coronavirus, please let the Committee know immediately