

CHEER and Coronavirus - Covid-19: Health and Safety Information

UPDATE: FRIDAY 20TH MARCH

Introduction

NB: UPDATED INFORMATION IS HIGHLIGHTED IN RED

CHEER clients are in the vulnerable category with regard to the new flu virus Covid-19 and it is crucial that staff and volunteers are aware of what they and our clients should do or not do.

These notes are intended to give basic guidance for CHEER activities to CHEER staff and volunteers.

The picture is changing from day to day, so please refer to the NHS and Gov.UK websites for the latest guidance (see the end of this paper). These notes are based on that information. If you have comments or suggestions, please let Julian Rye, CHEER Trustee, know.

CHEER events and visits and contact

All CHEER events for large groups have been postponed for the time being. This will be kept under review.

Meetings of the Parkinson's Group have been suspended until further notice.

Visits by all CHEER volunteers and staff to clients must now be suspended following Government advice for self-distancing amongst over 70s and those with underlying medical conditions. This will be until further notice.

Instead, if possible, please phone your friend every week. CHEER staff will be doing the same.

CONTACTING CHEER

The CHEER office and Claygate Community Centre will be closed from Friday 20th March until further notice.

Telephone numbers to reach CHEER staff, Lisa Tawfik, Irene Belcher and Charlotte Chatwin will be published on the CHEER web site <http://www.cheer-elmbridge.org.uk/>

and will also be on the outgoing CHEER answerphone message. You can also email CHEER as usual.

Keeping people safe will be the priority and government guidelines will be followed. The office has a contingency plan and CHEER will ensure that you are kept updated.

How to protect yourself

DO

- **OFTEN** wash your hands with soap and water. Use hand sanitiser gel if soap and water are not available
- When you cough, cover your mouth and nose with tissue or your sleeve (not your hands),
- Put tissues in the bin immediately
- Avoid physical contact - **no handshaking, hugs etc. Maintain a distance of 2m (6ft).**

DO NOT

- Touch your eyes, nose or mouth.

Symptoms

The main symptoms are:

- High temperature
- Dry cough

Some sources say that symptoms usually do not include a runny nose or sneezing.

If you are affected

DO:

- **STAY AT HOME IF YOU HAVE EITHER A CONTINUOUS COUGH OR A HIGH TEMPERATURE (FEEL HOT IF TOUCHED ON YOUR CHEST OR BACK, OR IF MEASURED OF 37.8°C AND ABOVE)**
- **AND SELF ISOLATE FOR 7 DAYS OR 14 DAYS IF LIVING WITH FAMILY MEMBERS**

Self isolation and social distancing means:

- Stay at home
- Do not go to work or public areas

- Do not use public transport or taxis
- Ask friends, family members or delivery services to shop and carry out errands for you
- Avoid visitors to your home. People may drop things off. But observe the precautions to protect against infection.
- **CALL NHS 111 ONLY IF YOUR SYMPTOMS WORSEN.**

DO NOT

- Do not go to a GP surgery, pharmacy or hospital.
- You do not need to contact NHS 111 to tell them you're staying at home. Testing for coronavirus is not needed if you're staying at home.

NHS and Government Sources

NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/> or search 'NHS Coronavirus'

Government website: <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public> or search 'Gov UK Coronavirus'