Gressingham Parish Council

The main symptoms are:

- *fever and tiredness*
- *cough*
- *breathing difficulties and*
- *muscle pain.*

15 March 2020

Covid-19 / Coronavirus

Information for Gressingham & Eskrigge residents

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Gressingham Parish Council has prepared this note with the help of volunteers from Saint Margaret's Church, Hornby Helpline and all the organisations and businesses listed. As the situation is changing day by day, there may be important local updates that we cannot practically get out on paper, so please sign up for updates from John Hamlett's Tinyletter messages on john@lunar.co.uk, and pass the updates on to neighbours who do not have email.

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We suggest every resident should have a 'buddy' who lives nearby - a friend or relative or neighbour, who will check that you're OK, and help you if you need to self-isolate. It would be good to also give a close relative your buddy's phone number, in case they can't contact you and start to worry.

Act NOW! Swap phone numbers TODAY.

Could YOU be someone's 'buddy'?

Additionally, volunteers will be at the end of a phone to act as a 'safety net' to assist if your 'buddy', friend or neighbour is unable to help. These are (in no particular order):

Neil Read **07590 563 551**

Martin Brooks **07974 711 412**

Grant Parker **07774 859 479**

John Hamlett **07798 841 365**

Michele Luxon **07583 110 674**

Also, if you'd like to join the Gressingham Help WhatsApp group to send and receive messages, phone Gillian Coulthwaite: 07917 234221.

If you develop symptoms:

- you will need to self-isolate.

If you believe you may have the virus:

- **Do not go to the surgery**
- **Call 111** (the NHS helpline, available 24 hours a day, 7 days a week) or use **111.nhs.uk**
- **Let your 'buddy' know**. It would also be good to let one of the 'safety net' volunteers know too, so that we can keep a central record of all residents who may need assistance.

Supplies & medicines obtained by your buddy or other volunteer: They should place the item(s) on the doorstep, knock on the door, and then step back at least 2m to avoid physical contact.

If you offer assistance to someone in self-isolation, the GP's advice is:

"Be pragmatic. No physical contact."

Services continue at Gressingham church, and the Old School Room remains available. Please pay attention to hygiene and use materials provided.

Hornby shops

The shops listed below will be stepping up their hygiene arrangements and will introduce other restrictions if necessary. Each shop will take orders over the phone. Please pay by card over the phone when you order.

Hornby Shop will package goods (including frozen & chilled meals) ready for collection. They are unable to deliver to Gressingham. (015242) **22111**

Hornby Tea Rooms will prepare sandwiches and even hot meals, ready for collection. (015242) **21237**

Hornby Butchers will deliver to Gressingham, and leave goods on the doorstep. (015242) **21248**

If you are shopping online, it might be worth looking at www.parsleybox.com, which does complete ready-meals, which store in the cupboard (no need for a freezer) for up to six months, and cook in the microwave.

A reminder of NHS advice:

- **Wash your hands** immediately after touching anyone, and before you go out, and as soon as you get in, and before touching anything in the kitchen, before eating or drinking, and before and after using public transport, or visiting any public building or private home – use soap and hot water and wash for 20 seconds, paying extra attention to thumbs, and nails, and including the backs of your hands – a block of soap, or even washing-up liquid or shampoo, will work, if you don't have liquid hand soap.
- **Avoid touching even your own face** – wash your hands first – and take extra care with dentures, and when helping others.
- **Avoid close contact** with people who are unwell if at all possible.

(Remember that this may change on a daily basis!)

Clearly, we will be experiencing something that none of us has encountered before. Gressingham is a great community and we will be able to do lots to help each other. Please let one of the volunteers know if you think of anything else we can do to help each other.