

## **Clapham cum Newby with Keasden 'COBRA' Committee**

This leaflet has been produced by a small group of residents and is a community response to the Coronavirus COVID-19 pandemic. It is intended to be the first in a series of updates for residents as the current situation unfolds.

We would welcome any suggestions as to things that might be included – including any good news stories. In the meanwhile, please bear with us while we are working to set this up.

If you want to volunteer to help during this emergency in the parish of Clapham cum Newby, please call or email us at the address or number below.

**[claphamyorksvirushelp@gmail.com](mailto:claphamyorksvirushelp@gmail.com)**

**Helpline during office hours: 01524 805969**

If you have an urgent enquiry outside office hours, we suggest that you contact the emergency services.

We also have a Facebook page:

[https://www.facebook.com/coronaCcN/?modal=admin\\_todo\\_tour](https://www.facebook.com/coronaCcN/?modal=admin_todo_tour)

On the following pages you will find some information which may be of use to you.

## **Clapham Community Shop**

At this difficult time the Clapham Community shop would like to assure you that we are doing all we can to keep the shop open so that we can continue to support the community.

### **Home delivery or shop pick-up**

We are introducing a **home delivery service** (Mondays to Fridays) for those within the parish of Clapham cum Newby who are confined to the house and unable to visit the shop. There is no charge for this service and no minimum spend.

If you would like to use this service, please contact the shop by 11am and we will do our best to get your order out to you the same afternoon. Please remember the shop does not receive deliveries of everything everyday so we may not always have everything you want.

For home deliveries further afield please contact us.

If you can still get out, but don't want to venture into the shop then you can place an order and we will pick your shopping for you and bring it to you outside the shop.

You can also order goods in advance.

To use these services please email or phone:

**[info@claphamvillagestore.co.uk](mailto:info@claphamvillagestore.co.uk)**

**015242 51524**

Or ask someone to bring in your order.

Please make sure that you provide a phone number on any email orders.

### **Newspapers**

Newspapers and magazines are being delivered to us as normal; we can arrange delivery to your door that day but may not be able to guarantee at what time. Or you can ask someone to collect it for you.

### **Payment**

We can take payment for home deliveries by credit card over the phone or by cheque. In both cases we will call you once we have picked the goods so that you can pay or have a cheque ready for us to collect when your order is delivered. We cannot take cash.

## **Prescriptions**

It is possible for many people from both local medical practices to collect their prescriptions from the shop. However, if you find it difficult to collect your prescriptions at present and are prepared to give us permission our volunteers can deliver to you at home. Please note, these will need to be handed over in person. We cannot leave on a doorstep. Please ring the shop if you need to use this service.

## **Volunteers**

Providing this service is important but it adds to the load on our volunteers at a time when many are having to step back themselves and self-isolate. If you are able to help us with deliveries, or in the shop in any way then please pop into the shop or contact us on the email address above.

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## Keeping safe: Handwashing and Respiratory Hygiene

Here are some general principles you can follow to help prevent the spread of viruses:

- wash your hands more often - with soap and water for at least 20 seconds – when you blow your nose, sneeze or cough, eat or handle food. If you don't have access to soap and water at the time, use a hand sanitiser. But remember, **handwashing is best**. If you can use paper towel or kitchen roll to dry your hands, all the better.

However, other tips are:

- avoid touching your eyes, nose, and mouth with unwashed hands.
- avoid close contact with people who have symptoms.
- cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands.
- clean and disinfect frequently touched objects and surfaces in the home.
- remain 2 metres apart from people.
- do not go to cafés, pubs and restaurants.

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**COVID-19: Current Corona virus advice from our local GP service about who to contact if anyone has the following symptoms**

- a) A NEW continuous regular dry cough, and/or
- b) High temperature (of 37.8 degrees centigrade or 100 degrees F), sweats and hot front/back of upper body

Individuals should stay at home (self-isolate) for 7 days from the onset of symptoms following the current advice. If someone has serious symptoms, they cannot manage at home they should use NHS 111 online (people should only call NHS111 if they cannot get online).

After 7 days of self-isolation, people who feel better and no longer have a high temperature can return to their normal routine. If they have not had any signs of improvement after 7 days and have not already sought medical advice, they should use NHS111 online (again, people should only call NHS111 if they cannot get online) before they leave their home or let visitors in.

Those living in the same household as a Corona virus sufferer must self-isolate for 14 days or 7 days from the date virus starts should they catch it.

The cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean someone must continue to stay at home for more than 7 days.

You are advised to stay at home (self-isolate) WITHOUT any testing for COVID-19, regardless of travel history or contact with confirmed cases.

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**Self-isolation**

You are strongly advised to self-isolate if you are over 70, and/or have underlying health problems

The link to the current full advice can be found on:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

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## Summary of Advice

Group/ Action	Wash hands more often	Household isolation for 14 days*	Self - isolation for 7 days**	Social mixing in the community***	Having friends and family to the house	Use remote access to NHS and essential services****	Vary daily commute and use less public transport	Home working
0 – 69	Yes	Yes	Yes	Advised against	Advised against	Advised	Advised	Advised
70+	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Any age Member of vulnerable group with an underlying health condition <sup>1</sup>	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Pregnant women	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Those with serious underlying health conditions	As above, but further bespoke guidance will be provided by the NHS next week							

\* if one member of your family or household has a new continuous cough or high temperature

\*\* if you live alone and you have a new continuous cough or high temperature

\*\*\* for example cinema, theatre, pubs, bars, restaurants, clubs


\*\*\*\* for example via telephone or internet


<sup>1</sup> such as anyone instructed to get a flu jab each year

## Trusted sources of Information

We know that there is a lot of confusion about which information you can trust so here are some helpful sources.

The government suggests these sources of information for the latest advice and guidance on coronavirus.

 Check your symptoms: [111.nhs.uk/covid-19](https://111.nhs.uk/covid-19)

 Health guidance: [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

 All information on coronavirus: [gov.uk/coronavirus](https://gov.uk/coronavirus)

Fake news is rife, and it is important not to believe most of what you see on social media. Spreading false news and rumour about Covid is dangerous and will cost lives. Take time to research, and only share official sources. Please learn how to use information and recognise that not everything you read on the internet is true:

- Understand what is a verified site. Facebook explains that here: - <https://www.facebook.com/help/196050490547892>
- Anyone can create a Facebook page or a Twitter account and call it Sainsbury's or Boris - but blue ticks on both platforms mean it's genuine.
- Newspapers and news sites are in business to sell advertising and appeal to their readerships. They will sensationalise stories to get the maximum number of hits on their sites.

The government sites listed above and the World Health Organisation (WHO) are the best places to go for objective information.

The WHO is working to bust myths on coronavirus. See their website here:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Rumour and misinformation undermine communication and trust. Instead they fuel paranoia, fear, panic and stigma, precisely the phenomena which help infectious diseases spread.

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The members of the Clapham 'Cobra' Committee listed below are available to help. However, please contact the email address or phone number on the front page first.

<b>Diane Elphinstone</b> 015242 51813 or 0799 097 2090 dianeelphinstone@gmail.com	<b>Ann Sheridan</b> 0786 609 6215 annsheridan617@gmail.com
<b>Sue Mann</b> 015242 51792 or 0745 685 5749 Suemann.wyvern51@gmail.com	<b>Harriet Naden</b> 0203 3718137 or 0795 482 3569 Harrietenaden26@gmail.com
<b>Philip Farrer</b> 015242 51214 or 0777 192 2301 Philip.farrer@gmail.com	<b>Revd John Davies</b> 01524 805928 john.davies@leeds.anglican.org

A copy of this leaflet can be found on the Clapham Shop website see:  
[www.claphamvillagestore.co.uk](http://www.claphamvillagestore.co.uk)

It is also on the Clapham Village website see:  
[www.claphamyorkshire.co.uk](http://www.claphamyorkshire.co.uk)