



CORONAVIRUS OUTBREAK - EMERGENCY PLAN FOR DOWNLEY

Downley Parish Council's emergency committee has issued this guidance for how people in Downley can help to protect themselves and their vulnerable neighbours from infection with Covid 19 coronavirus infection.

1. Information sources

The primary reliable source of information is www.nhs.uk/coronavirus. Not all information from newspapers, television or particularly social media is reliable so check with the above source. If you (or a neighbour) are not online, then ask someone who is, to print it for you.

Remember that this is a changing situation and official guidance will change in the coming weeks, so make sure you keep up to date. The Downley emergency committee will also update its plan as required which is available on www.downley.org.

The following sections describe what we in Downley can do help ourselves.

2. Downley Support Network

At the basic level, every household should contact their neighbours for 2 houses on each side and swap phone numbers in case you are forced to self-isolate. Some areas of Downley may already have formed ad-hoc neighbourhood groups or "street associations" in which case ensure that you know how communicate with each other by phone, email, text, WhatsApp etc. Use the cards opposite if people are out.

Be aware that in the event of a power cut, your connection to the internet and mobile network lasts only as long as the battery. Make sure you have a phone that connects to a landline.

We ask that a representative from each group provide contact details to the emergency committee at info@downley.org to enable the Parish Council to distribute critical information.

3. Households in self-isolation

Those who are exhibiting symptoms including high temperature and a new continuous cough currently should self-isolate in their own homes and the over-70s and vulnerable may be asked to do so in the coming days. These households should contact their neighbours and/or neighbourhood group to let them know.

Self-isolators will need access to basic necessities including food, household essentials and medicines. If you can order these online for delivery please do so. If delivery times are excessive or you are not online please contact your neighbour or local group for assistance with shopping, medical appointments etc. We would ask residents to check regularly on those who self-isolating to see if they are in need of assistance – see postcards to the right.

Prescriptions will be available from Downley Pharmacy which can either deliver or has an automated collection system available for third parties to collect from. Residents may wish to switch their designated pharmacy to Downley.

Downley Parish Council Emergency Committee 17th March 2020



HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

- Picking up shopping
- Posting mail
- A friendly phone call
- Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness



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