

Corvid-19 Coronavirus information for Hornby

second edition

Tuesday 17 March 2020

A first look at yesterday's new government advice suggests there are three sets of advice for three groups of people.

1. If there is any possibility at all that you might have the virus, your entire household must self-isolate for fourteen days. That means, if you have a new cough, or a fever, none of you should leave the house at all, for two full weeks, "even to buy food or essentials" – although you may leave the house "for exercise, and, in that case, keep a safe distance from others". Do not go to a GP surgery, pharmacy or hospital. There is no need to contact 111 simply to tell them that you are staying at home. Testing for coronavirus is not needed and is unlikely to be available.

2. If you were born in the 1940s or earlier, you are more likely than others to need a ventilator if you get the virus, and there aren't enough ventilators if everyone gets it at once, so for your own sake, and for the sake of others, you are also asked to self-isolate until this is all over – twelve weeks initially. Again, you may leave the house for exercise, but should keep a safe distance from others.

3. Everybody else is asked to reduce social contact to a minimum: work from home, eliminate unnecessary travel, avoid social activities (including pubs, restaurants, theatres and cinemas), and do not have visitors in your home (even friends and family). Do not visit friends or relatives in care homes unless absolutely necessary. Avoid using the NHS if at all possible. Try nhs.uk before any other NHS service.

Pregnant women, and people with long-term health vulnerabilities, should follow the same advice as group 2 above.

If you are self-isolating with symptoms, use nhs.uk if you feel you cannot cope with your symptoms at home, if your condition gets worse, or if your symptoms do not get better after seven days. Only call 111 if you cannot get the help you need from nhs.uk online.

Prepared as a service to the parish by volunteers from Saint Margaret's Church, with support from Hornby Helpline and all the organisations and businesses listed. Many thanks to all the volunteer distributors.

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 email updates at tinyletter.com/Hornby – and pass the updates on to neighbours who may not have email

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The previous advice also remains in place

Use a tissue for coughs and sneezes – and if you don't have one, use your sleeve rather than your hand

Avoid touching other people – at all – it's a lot to ask, but this one piece of advice makes a huge difference

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 twenty 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

Keep a metre apart in all public places

Preparations you can make now

Check on your neighbours. Are they OK? Do they have the information they need? (You can get extra copies of this leaflet from the back of church, or at these4parishes.co.uk). Who will help them if they become ill, or need to self-isolate?

Swap phone numbers! You may be used to speaking over the fence, but you will need each other's phone numbers if either of you becomes ill or needs to self-isolate.

If you need to self-isolate

Let somebody know – a nearby friend, or relative, or neighbour, who can help

Hornby Shop will take orders over the phone, and deliver them themselves or via a Hornby Helpline volunteer, leaving your delivery on your doorstep – (015242) 22111

Hornby Tea Rooms will also work with Hornby Helpline, and volunteers may be able to bring you sandwiches or even hot meals, again leaving them on your doorstep – (015242) 21237

Hornby Butchers will organise home deliveries – (015242) 21248

Cornvale Foods in Melling can do home deliveries of locally sourced meat, their own sausages and burgers, fresh fruit and veg, bread, free range milk and dairy products – (015242) 22420

Volunteers from Hornby Helpline will be working with all of the above as required, to support the anticipated additional demand. They may be able to offer additional shopping support if you need it. They can also deliver your prescription medicines from the local surgeries straight to your door. Please do not come to the door to thank them if you are self-isolating. The direct Helpline number is 07526 509027.

If you are shopping online, it might be worth looking at 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.

Other Hornby information

The churches are expecting advice from the bishops today (Tuesday 17 March) on how to proceed over the coming weeks. For now, the bishops suggest that you can time your 20-second handwash by saying the Lord's Prayer. As vicar, I shall continue to offer the prayer of the church, and I hope to live-broadcast at least one Sunday morning service each week from church, whether or not a congregation is allowed to gather. For updates see these4parishes.co.uk and notices at church.

Hornby Institute is expecting many regular meetings and activities to be suspended for the time being – watch for more information.

Hornby Swimming Pool – a decision following yesterday's announcements will be made shortly.

Hornby Primary School is receiving updated advice daily from the Department of Education – the school will let you know if this affects you or your children.

The Old Vicarage Care Home is not currently allowing visitors.

Do not go to the surgery if you feel unwell – use 111.nhs.uk or call 111

Please be patient if shops and other organisations are affected by staff illness or by difficulty obtaining certain supplies. Everyone is doing everything they can.