



Plumley Village Newsletter

Including Toft and Bexton

Produced by Plumley with Toft and Bexton Parish Council

April / May 2020

Welcome to the latest edition of the Newsletter.

Between editions of the Newsletter all the latest information and news can be found on our website,

CORONAVIRUS (COVID 19)

“Staying apart but helping each other”

DO YOU NEED ANY HELP OR SUPPORT AT THIS DIFFICULT TIME?

The Parish Council want to identify and contact members of the community who **NEED HELP AND SUPPORT** because of self-isolation, so please contact us if you have a problem:

| Contact Councillor | Telephone | E-mail |
|--------------------|--------------|--------------------------------|
| Ged Coates | 07753 881253 | gcoates@hwcoates.co.uk |
| David Nichols | 01565 723837 | david.james.nichols2@gmail.com |

ARE YOU ABLE TO PROVIDE ANY HELP OR SUPPORT FOR THOSE IN NEED?

We also want to establish a **VOLUNTEER SUPPORT GROUP** to help those in need, so please contact us to volunteer your support:

| Contact Councillor | Telephone | E-mail |
|--------------------|--------------|--------------------------------|
| Steve Jones | 07887 506861 | SMJones1@sky.com |
| Tony Gabbott | 07885 283890 | anthony.gabbott@btinternet.com |

We already have received offers of help and support from Plumley Village Hall Committee, Plumley WI, Plumley Village Stores and Plumleys Plant & Garden Centre (“Plumleys”).

This enquiry is to be delivered to all members of the community in Plumley, Toft & Bexton. We will ask you to confirm details of your telephone call by completing a form which will be provided as soon as possible afterwards.

By providing the above details, you are agreeing to them being held for the duration of the COVID-19 outbreak and in accordance with the General Data Protection Act 2018 (“GDPR”).

Copy date for the next edition will be 20th May 2020
All items to be sent to :David McGifford 12 Bagmere Close ,Brereton, Sandbach, Cheshire CW11 1SG
Phone - 07968 603811 or E-mail clerk@plumley-toft-bexton-pc.co.uk

Parish Councillors areas of responsibility responsibilities

| | |
|------------------------|-----------------------|
| Tony Gabbott | Chairman. |
| Ged Coates | Vice Chair & Highways |
| David Nichols | Village Hall |
| John Wright | Planning. |
| A Shaw / V L Roxby | Footpaths |
| TBA | Comm Resilience |
| S Crossman / V L Roxby | Police Liaison |

Newsletter

We currently e-mail the newsletter to over 120 households and would like to widen this further. Please let friends and family know about this option and ask them to forward their details to clerk@plumley-toft-bexton-pc.co.uk

CORONAVIRUS COVID 19 Guidance

You should follow the NHS and Government advice to avoid spread of the virus. This is if you have symptoms:

- ◆ Stay at home if you have coronavirus symptoms for 7 days
- ◆ Stay at home if you have either; a high temperature (you feel hot to touch on your chest or back) or a new, continuous cough (this means you've started coughing repeatedly)
- ◆ People living with you should stay at home for 14 days after you develop symptoms
- ◆ Do not go to a GP surgery, pharmacy or hospital
- ◆ You do not need to contact 111 to tell them you're staying at home
- ◆ Testing for coronavirus is not needed if you're staying at home

To avoid spreading the Virus,

DO:

- ◆ Wash your hands with soap and water often- do this for at least 20 seconds
- ◆ Always wash your hands when you get home or into work
- ◆ Use hand sanitiser gel if soap and water are not available
- ◆ Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ◆ Put used tissues in the bin immediately and wash your hands afterwards
- ◆ Avoid close contact with people who have symptoms of coronavirus
- ◆ Only travel on public transport if you need to
- ◆ Work from home, if you can
- ◆ Avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- ◆ Avoid events with large groups of people
- ◆ Use phone, online services, or apps to contact your GP surgery or other NHS services

DON'T:

- ◆ Do not touch your eyes, nose or mouth if your hands are not clean
- ◆ Do not have visitors to your home, including friends and family

FREQUENTLY ASKED QUESTIONS

GENERAL

What is COVID-19? COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What is Coronavirus? Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). COVID-19 is the latest coronavirus we have seen.

Cheshire West and Chester Council operate the "Rural Rider" bus from Plumley to Northwich on a Wednesday and Friday. if you would like to use this service please call 01606 784100.

FREQUENTLY ASKED QUESTIONS CONTINUED

What are the symptoms of COVID-19? The most common symptoms of COVID-19 are fever/high temperature (>37.8C), tiredness, and dry cough. Some patients may also have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell.

How dangerous is COVID-19? Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops breathing difficulties. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.

How does COVID-19 spread? People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.

People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than a metre away from a person who is sick.

Can COVID-19 be caught from a person who has no symptoms? The main way the disease spreads is through respiratory droplets expelled by someone who is coughing. The risk of catching COVID-19 from someone with no symptoms at all is low.

However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill.

How likely am I to catch COVID-19?

The risk is a combination of where you live, if you have been in contact with someone who has the virus and whether you are following the advice (handwashing, social distancing and hygiene) to avoid spreading the virus.

Is COVID-19 widespread in our area?

In Cheshire East the number of confirmed cases is currently low relative to some other parts of the country such as London, but we must remain very vigilant to slow the further spread, which is inevitable for such a virulent disease. You can check the latest statistics on the [Public Health England website](#).

Remember that many people with symptoms have not been tested, so the number of actual cases is much higher than the number of 'confirmed' cases.

FREQUENTLY ASKED QUESTIONS CONTINUED

AVOIDING THE SPREAD OF COVID-19

Is hand sanitiser effective? The best way to protect yourself from infections like coronavirus is to wash your hands regularly with soap and water. If soap or water aren't available and your hands are visibly clean, then sanitiser gel can be used. But proper hand washing is the most effective method, and this should be your first choice.

What is 'social distancing' and who should be doing it? This means avoiding social contact and staying at least 2 metres away from other people. Work at home if possible, avoid pubs, clubs and social events, do not visit friends or family, and only shop for essentials. The elderly and those with underlying health conditions must practice social distancing, but health authorities recommend **EVERYONE practices social distancing** to avoid the spread of the disease.

Do I need to stockpile food, drinks or household supplies?

No. Supermarkets and wholesalers are managing their supply chains to ensure there is enough for everyone. The only reason that some supermarket shelves are empty is that people are buying more than they need and hoarding. Please do not do this! If everyone buys what they normally would, current predictions are that there will be no significant shortages.

Should people avoid shaking hands? Yes, any physical contact should be avoided as part of social distancing.

Should people wear face masks to protect themselves from infection?

No. Face masks play a very important role in clinical settings, such as hospitals, but there's very little evidence of widespread benefit from their use outside of these clinical settings.

How long does the virus survive on surfaces?

It is not certain how long the virus that causes COVID-19 survives on surfaces, but studies suggest that coronaviruses in general may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others, then clean your hands with an alcohol-based hand rub or wash them with soap and water.

Can I catch COVID-19 from my pet?

While there has been one instance of a dog being infected in Hong Kong, to date, there is no evidence that a dog, cat or any pet can transmit COVID-19 to humans.

Is it safe to receive a package from any area where COVID-19 has been reported?

Yes. The likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has been moved, travelled, and exposed to different conditions and temperature is also low.

FREQUENTLY ASKED QUESTIONS CONTINUED

SELF-ISOLATING

Who needs to self-isolate? Some people are asked to self-isolate because of their recent travel or contact with the disease, others because they have underlying health conditions or are elderly and therefore are at particular risk from this virus. In addition, the government recommends that we all practice social distancing.

Am I allowed to go out to the shops to get food if I am self-isolating? I need to collect medicine from the pharmacy, what should I do? If you have been asked to self-isolate for 14 days, it is fine for friends or family to drop off food for you. Alternatively, you can order by phone or online, such as through takeaway services or online shopping deliveries. However, make sure you tell the delivery driver that the items are to be left outside, or as appropriate for your home.

I have a mental health condition and isolation exacerbates my symptoms, what can I do? Isolation can be challenging for anyone but especially if you have anxiety, depression or another mental health condition. Prioritise your wellbeing and make use of all the services available to you. Consider avoiding news and social media which can become overwhelming. Consider continuing any counselling or talking-therapy sessions by phone or video call. Spend time outside in the garden if you have one.

I'm afraid of my partner, how can I self-isolate with them at home? Being cooped up at home with an abusive partner can seem a worse risk for some people than becoming ill. Help is available. Please phone 0300 123 5151.

MANAGING THE DISEASE

What if I have COVID-19 symptoms? You should stay at home, in isolation for at least 7 days. Do not go to a GP surgery, pharmacy or hospital. You do not need to contact 111 to tell them you're staying at home. You should rest, drink fluids and take paracetamol if required to control your temperature. For most people the symptoms subside within a week. If your symptoms worsen or if you are elderly or have an underlying health condition, contact your doctor for advice.

What about people who live with someone with symptoms? People living with a coronavirus patient should stay at home for 14 days after the patient develops symptoms. Avoid going near to the patient – keep at least a metre away. Do not share towels or utensils with them. Do not sleep in the same bed with someone who has symptoms. Increase handwashing and frequent cleaning of all surfaces that people might touch, such as door handles.

Can we test people for coronavirus and how does this work? The UK is one of the countries outside China to have an assured testing capability test for this disease. When a doctor suspects coronavirus, they can take samples from the nose, throat and deeper respiratory tract and send them for laboratory testing. The NHS is expanding testing capacity to more than 1,000 people a day for England, but even so not everyone with symptoms will be tested.

FREQUENTLY ASKED QUESTIONS CONTINUED

What happens if I'm tested for coronavirus? A doctor or nurse will swab your nose and throat if you need testing for the coronavirus. These samples are then transported to a lab and it takes 24-48 hours for testing to be done. Once the result is available, it is sent back to your doctor or nurse who will let you know the result and give you advice on what to do next.

WHAT CAN BE DONE TO STOP COVID-19?

Can the COVID-19 epidemic be stopped? COVID-19 outbreaks can be contained, and transmission stopped, as has been shown in China and some other countries. This depends on everyone following the advice to avoid spread of the disease.

Are antibiotics effective in preventing or treating COVID-19? No. Antibiotics do not work against viruses, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. They should only be used as directed by a physician to treat a bacterial infection.

Are there any vaccines or medicines that can prevent or cure COVID-19? While some medicines may provide comfort and alleviate symptoms of COVID-19, there is no evidence that current medicine can prevent or cure the disease. However, there are several ongoing clinical trials for both vaccines and treatments for COVID-19.

Sources: [World Health Organisation](#), [Public Health England](#), [BBC News](#), [Worldometer](#)

MESSAGE FROM THE PARISH COUNCIL

The current unprecedented pandemic we face is bringing tremendous challenges to our society and may represent a serious threat to health for some in our own community. While we as a Parish council are working to provide the help and support we can for those who may need it, we firstly have to understand who those people may be.

The British are known for our "stiff upper lip" attitude and some of those who may need help may be tempted to struggle through without wanting to make a fuss or bother others. We simply can't rely on all those who need help coming forward of their own accord. We all have a responsibility here, to consider who we know in the community who may be suffering through illness or the need to isolate and to make sure they get the help they need. So if you know of someone in this situation please contact them and also let us know so we can work together to help.

My final plea is to anyone who does need help, support or would simply like a phone call and someone to talk to. If you are in this situation, Please , please contact us on the phone numbers or emails given in this newsletter.

Tony Gabbott Chairman