

What to do in the event of a pandemic COVID-19 Coronavirus updated 25-03-2020

The last dangerous influenza type pandemic was in 1918. There have been sporadic outbreaks since – even recently – but all were eventually contained without a world- wide contagion. The COVID-19 Coronavirus pandemic is now upon us and is becoming a worldwide contagion: a pandemic as declared by the World Health Organisation on March 11th 2020. It can affect your respiratory system.

Since then the overall objectives of the UK Gov. approach to planning and preparing for a future influenza pandemic is to minimise the potential health impacts of by supporting efforts to detect its emergence to enable early assessment of the virus by sharing information.

A Pandemic flu is worse than the seasonal winter flu as it is a virus that is markedly different from other strains and is able to spread widely because few, if any, people have immunity to it.

The UK Government has recently brought in tough ‘rules’ to try and minimise the spread of the COVID-19 virus and lessen the impact on frontline NHS workers and have identified that the over 70s and those with underlying health conditions are at risk. Younger people and children seem less affected but not exclusively so.

At the moment there is a frantic race to try and come up with a vaccine can be made to protect the population. Until then all we can do is to keep ourselves informed of the current situation by accessing appropriate media channels: TV, Radio, or Social Media. And do as we are told by strictly following Government rules! Use the emerging volunteer groups to seek help with shopping/deliveries/prescriptions etc.

- Stay at home to stop coronavirus spreading.
- Do not travel unless it is absolutely essential.
- Be vigilant about ‘social distancing’ and avoid grouping of any kind
- Frequently wash your hands using soap for 20 seconds
- Don’t hoard food or other essential supplies
- Treat all staff who are helping us get through this crisis with respect
- Keep in contact with neighbours, friends and family
- Use newly emerging volunteer groups to seek help if you need assistance with shopping/deliveries/prescriptions etc.
- Keep abreast of events by accessing appropriate media channels: TV, Radio or Social Media

If you think you have the virus:

- Do not go to the GP surgery or hospital, stay indoors or self-isolate as a family.
- Only call NHS 111 if you cannot cope with your symptoms at home; your condition gets worse; or your symptoms do not get better after seven days.



Latest Information about Coronavirus and what steps you should take to keep safe.

There is a deluge of information out there – but one of the easiest websites to digest is supplied by the BBC in conjunction with the NHS. Click on image.

Here is the official government link ‘Coronavirus (COVID-19):

What you need to do