

## **Dennington Parish Council. Coronavirus Short Term Emergency**

Following the announcement on Thursday 12<sup>th</sup> March the UK government has introduced additional measures which are designed to help contain the coronavirus. This will be for people who develop a new continuous cough and/or high temperature they will need to self-isolate. The advice is, if you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started. This means you should remain in your home. Do not go to work, school, or public areas, and do not use public transport or taxis. You cannot go for a walk.

- this action will help protect others in your community while you are infectious
- plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your employer, friends and family to help you get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home if possible
- sleep alone, if possible
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible
- you do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, call NHS 111. For a medical emergency dial 999

You will need to ask friends or relatives if you require help with buying groceries, other shopping or picking up medication. Alternatively, you can order medication by phone or online. You can also order your shopping online. Make sure you tell delivery drivers to leave items outside for collection if you order online. The delivery driver should not come into your home.

We realise that most people will have their own plans in place to deal with this, others may not.

If a resident finds they have to self-isolate for seven days or longer and he/she does not have any plans in place, the Parish Council has set up a scheme to pick up essential items, such as food or prescriptions, so that we may be able to help residents of Dennington who develop symptoms and who have to self-isolate.

Under this scheme, it may be possible for Councillors to help by collecting and delivering to your home any pre-paid essential items, such as food and prescriptions from the nearby food store and doctor's surgery. Please feel free to contact the allocated Councillor for your part of the village from the list below and discuss with them how they may be able to help you.

Councillors who are making themselves available can be contacted for your part of the Village from the list below.

**Sam Steward.** Dennington Place -- Lodge Cottages.

**Ken Hoyle.** Saxtead Road from 30 mph to Church Junction.

**Nick Watts.** From Church Junction - The Glebe -- Ivy House -- Park Gate Farm -- Fram Hall.

**Matt Lunn.** Laxfield Road to Dennington Lodge plus Hedgehogs.

**John Calver.** Owls Green to Dennington Hall.

**Doris Dearing.** Badingham Road (The Street) to Mill House.

**Mary Mann.** Clay Hill -- Capons Green -- Wood Farm.

**Rebecca Smith.** Maypole Green -- Fenton's Farm -- to Severalls Cottage.

**Robert Wardley.** The Square plus stand in relief for Councillors who may be unavailable.

**Please remember this is a short-term emergency collect and door-step delivery service only. The essential items that Councillors are offering to deliver for you must be pre-paid in advance before they can be collected.**

Further information can be obtained by clicking on the links below.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

Robert Wardley  
Chairman