

COVID-19 BRIEFING FOR VOLUNTARY SECTOR AND COMMUNITIES IN NORTHAMPTONSHIRE

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

What's the risk of coronavirus in the UK?

Nationally the incident has been escalated to level 4 which means now declared to a major incident.

Health professionals are working to contact anyone who has been in close contact with people who have coronavirus.

Local Arrangements in Northamptonshire

This is a very rapidly changing situation and Northamptonshire Local Resilience Forum have plans for further escalation in line with the Government's action plan. This includes a County multi agency situation cell that has been set up to manage the response, this includes a weekly Strategic Co-ordinating Group Meeting, twice weekly Tactical Coordinating Group meetings and daily Health meetings.

The best place for information at this time is the government's website as Public Health England is the lead agency;

- Q&A's for the general public: <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know>
- Further information about the virus: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Our communications professionals are continually looking through the information provided by the government and sourcing local information where we have it.

The useful links in this brief are being updated regularly and are the best places to find information relevant to communities in Northamptonshire.

What can you do to support?

Voluntary Sector

At the moment there are no plans to involve the voluntary sector within these planning arrangements within Northamptonshire. However, that is not to say this won't happen. We ask that you all pass on the key messages to your members to cascade to their family and friends so that everyone is aware. We will be in touch if we do need your help in supporting the resilience forum with our response.

Of course, we carry on business as usual and in case of any emergencies that occur this will be through our normal contact arrangements with yourselves. If these change in any way please let us know.

Communities

We are asking communities to share these key messages to keep your residents safe. Perhaps utilise your neighbourhood watch telephone cascade, parish networks, notice boards and social media to share these messages and check on vulnerable residents.

If you do have residents that have self isolated, could you support by setting up some kind of food delivery service, medicines? You should not put yourself at risk and perhaps offer a doorstep service?

If you or a residents needs medical help

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Use this service if:

- you think you might have coronavirus
- in the last 14 days you've been to a country or area with a high risk of coronavirus – see our [coronavirus advice for travellers](#)
- you've been in close contact with someone with coronavirus

Use the 111 coronavirus service

Do not go to a GP surgery, pharmacy or hospital. Call **111** if you need to speak to someone.

KEY MESSAGES

- The UK is currently in the Containment phase of its plan in trying to stop the spread of Covid-19
- Good Hand and respiratory hygiene is the most important thing an individual can do
- It's imperative that everyone follows clinical advice by contacting NHS 111, and not going to A&E if you develop symptoms
- Preparations are underway in case the situation worsens

Symptoms of coronavirus

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

But these symptoms do not necessarily mean you have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

Do I need to avoid public places?

Most people can continue to go to work, school and other public places.

You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

How to avoid catching or spreading coronavirus

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 straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell

DON'T

- do not touch your eyes, nose or mouth if your hands are not clean

Useful Links

DHSC Twitter page which is updated at 2pm every day:

https://twitter.com/DHSCgovuk?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

Public facing information

NHS public facing information – the first port of call for the public: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Latest information and advice: <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

FAQs: <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

Blog about contact tracing: <https://publichealthmatters.blog.gov.uk/2020/02/13/expert-interview-what-is-contact-tracing/>

Blog about self-isolation: <https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/>

Travel advice for those travelling and living overseas: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Public information campaign

Resources for the public information campaign:

<https://campaignresources.phe.gov.uk/resources/campaigns/101-novel-coronavirus-/resources>.

Resources for universities:

<https://www.universitiesuk.ac.uk/policy-and-analysis/Pages/coronavirus.aspx>

Guidance

Guidance for clinical / public health stakeholders:

<https://www.gov.uk/government/collections/wuhan-novel-coronavirus>

Guidance for first responders:

<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders>

Guidance for healthcare providers: healthcare workers who have travelled to China and other specified areas/countries, or are contacts of possible cases:

<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-guidance-for-healthcare-providers-with-staff-who-have-travelled-to-china/guidance-for-healthcare-providers-healthcare-workers-who-have-travelled-to-china>

Guidance to assist professionals in advising the public:

<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-guidance-to-assist-professionals-in-advising-the-general-public/guidance-to-assist-professionals-in-advising-the-general-public>

Guidance for professionals helping people in the education, transport and other sectors:

<https://www.gov.uk/government/collections/covid-19-guidance-for-non-clinical-settings-and-the-public>

Guidance for employers and businesses:

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

Guidance for social and community care in residential settings:

<https://www.gov.uk/government/publications/guidance-for-social-or-community-care-and-residential-settings-on-covid-19>

Guidance to educational settings:

<https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19>

Guidance for boarding schools:

<http://www.boarding.org.uk/media/news/article/13449/Coronavirus-disease-COVID-19-guidance-update-as-of-25-2-20>

Foreign travel advice for Italy:

<https://www.gov.uk/foreign-travel-advice/italy>

Guidance for staff in the transport sector:

<https://www.gov.uk/government/publications/covid-19-guidance-for-staff-in-the-transport-sector>

COVID-19: Specified countries and areas:

<https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas>

Guidance for self-isolation for patients undergoing testing:

<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-self-isolation-for-patients-undergoing-testing>

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Resilience Direct:

[Link to CRAW Group RD Pages](#)

[Link to Northants Emergency Response Corps RD Pages](#)

