

# BE KIND IN ST KEYNE

## Coronavirus Covid-19

**St Keyne Parish Council** has recently published an Emergency Plan, which is being activated in response to the Covid-19 outbreak.

It is now clear that this breakout is going to last for some months and we are currently exploring what can be done in the village to support you, St Keyne's residents and, in particular, those who are older or have chronic health conditions.

For example, we are liaising with local Health Services to arrange bulk deliveries of prescription medicines to the village that can then be either collected from a central point or, possibly, delivered to front doors. The protocols for this are in the process of being decided and we should be in a position to update you in the very near future.

Other areas we are considering include shopping deliveries and care of pets if owners need to go into hospital.

## What could you do?

The Parish Council is just 7 people, we can coordinate and organize initiatives and ensure there are procedures to keep everyone safe, but we are going to need help. Could you be a volunteer?

Any ideas or questions are encouraged and very welcome and we have provided a list of local Councillors and their contact details overleaf, please contact us.

If you would like us to include you in any initiatives we are able to set up or if you need some help, please contact any of the Parish Councillors overleaf.

## BE KIND IN ST KEYNE

Is also about everyone just being good neighbours, keeping an eye on vulnerable residents, adding a bottle of milk or loaf of bread to your shopping list for them or even taking their dog for a walk. Let's keep St Keyne a good place to be for everyone.

# Coronavirus Covid-19

Latest information as at Monday 16 March 2020

Updated info can be found at: <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

- if you have symptoms of COVID-19, however mild, do not leave your home for 7 days from when your symptoms started.
- If a household has someone with the symptoms, everyone should isolate for 14 days (7 days for the individual + 7 days for the rest of the family).
- this action will help protect others in your community while you are infectious
- 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
- 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](#)
- Prepare, because coming very soon. Those over 70 and anyone who would normally be recommended to have a flu shot will be asked to self isolate for a period of 12 weeks.

## ST KEYNE PARISH COUNCIL – COUNCILLOR CONTACTS

Sally Lewis, Chair	<a href="mailto:chair@stkeyneparishcouncil.org.uk">chair@stkeyneparishcouncil.org.uk</a>
Charles Boney	<a href="mailto:councillorboney@gmail.com">councillorboney@gmail.com</a>
Frances Lewis	<a href="mailto:cllr.flewis@gmail.com">cllr.flewis@gmail.com</a>
Jane Page	<a href="mailto:cllrjpage@gmail.com">cllrjpage@gmail.com</a>
Jessamine (Min) Toms	<a href="mailto:CllrJToms@yahoo.com">CllrJToms@yahoo.com</a>
Kevin Shovelton	<a href="mailto:cllrkshovelton@talktalk.net">cllrkshovelton@talktalk.net</a>
Richard Dorling	<a href="mailto:richard.dorling@stkeyneparishcouncil.org.uk">richard.dorling@stkeyneparishcouncil.org.uk</a>