

12th March 2020

Dear residents / day attenders / relatives / employees / professionals,

Camphill Community Clanabogan (CCC) has implemented necessary precautions to protect our service users and staff from COVID-19 – the Coronavirus. We have taken our lead from the Western Health & Social Care Trust.

During this period of COVID-19, service areas will focus on essential work only, in order to reduce risk and maximise the number of staff available to deal with the emergency situation itself. CCC will take all reasonable steps to protect service users' and staff's health and safety and to support social care workers in delivering safe care.

Due to the communal living aspect of our service provision we are asking the public, family and friends **not to visit** residents in CCC unless absolutely essential. If you feel that it is necessary to visit, we ask that you firstly contact myself or a member of staff in the house and inform us of this.

We further ask all external day attenders **not** to attend their day opportunities placement in CCC until further notice.

Further to this we endeavour to prioritise essential face-to-face contact only and **cancel any non-urgent face-to-face contact** for residents and staff ie medical appointments, trainings, meetings, etc.

We urge all residents, volunteer co-workers and staff to reduce social contact as much as possible and **not to attend public places, social and group settings** ie Leisure Centre, Cinema, Restaurants/Pubs, etc. where possible.

We will **not** be providing the scheduled CCC - Belfast return transport on 20th and 23rd March 2020 but will consider accommodating individuals on request. Please contact myself or the responsible person in the house if you have any questions or concerns.

We have considered contingency arrangements in relation to self-isolation in CCC, staffing, maintaining the supplies of food and medications to clients, waste management.

Throughout this emergency situation we endeavour to ensure that all staff have access to clear information about the steps CCC is taking to minimise any risk and for the staff to adhere to all available guidance from the WHSCT or their professional body. CCC also aims to ensure a supportive culture is provided to staff and that team working is maximised.

We appreciate your support and patience during this tough time. We have taken these precautions to ensure the safety of our clients and staff. We will continue to review the situation and communicate any further updates.

Please practice good hand hygiene when in attendance and follow guidance on keeping yourself and others safe ie keep physical distance where possible. To be of assistance, we have put together this short guide:

The Symptoms of Coronavirus

1. If you have a runny nose and sputum, **you have a common cold**
2. **Coronavirus pneumonia is a dry cough with no runny nose.** COVID-19 will first infect the throat, so you'll have a sore throat lasting 3 to 4 days.
3. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes a further 5 to 6 days.
4. With the pneumonia comes high fever and difficulty in breathing.
5. The nasal congestion is not like the normal kind. You feel like you're drowning.

It's imperative you then seek immediate attention.

How to Prevent the Spread of Coronavirus

It's important to know how the virus works and spreads, because there is a lot of confusion and misinformation out there. This way we can all play our part in protecting ourselves and others from COVID-19.

1. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the sun.
2. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
3. If it drops **on a metal surface it will live for at least 12 hours** – so if you come into contact with any metal surface – wash your hands as soon as you can with a bacterial soap.
4. **On fabric it can survive for 6-12 hours** but normal laundry detergent will kill it.
5. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
6. **Wash your hands frequently as the virus can only live on your hands for 5-10 minutes**, but – a lot can happen during that time – you can rub your eyes, touch your nose or mouth unwittingly and so on.
7. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
8. ***Can't emphasise enough – drink plenty of water!***

Spread the Word – Not the Virus

Share this information as widely as you can, both online and verbally.

If you are worried that you or someone in your family may be at risk, NHS 111 offers direct guidance and have set up an online [coronavirus helpline](#). You can also call 111.

Yours sincerely,

Peggy Faulhaber

Manager

Camphill Community Clanabogan