



Probus of Gillingham

Coronavirus – Member Update

(A notice from the Club Committee)

Whilst not wishing to overdramatize the COVID-19 emergency, the Probus Club of Gillingham is mindful that its Committee and its members all share a duty of care in the current situation.

Background

As the Coronavirus continues to escalate, we are issuing the following guidance above and beyond that issued by Public Health England. This is due to the main age demographic of our membership being in a significantly higher risk group.

COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in December 2019. The World Health Organization (WHO) believes COVID-19 **more severely affects older people and those with pre-existing medical conditions (such as high blood pressure, heart disease or diabetes).**

Based on the WHO's declaration that this is a pandemic of international concern, the UK Chief Medical Officers have raised the risk to the UK.

This note is issued following the statement from The Prime Minister on Monday 16th March 2020 and will be further updated as appropriate.

Policy & Advice

CLUB MEETINGS

As of Monday 16th March 2020, and following Government advice, all Club meetings are cancelled until further notice.

The situation will be monitored with a view to re-convening the meetings schedule at the earliest opportunity in line with prevailing advice.

Dissemination of Information.

1. Members are requested to check the Club website for the latest information as to Club meetings and events.
2. All relevant and appropriate information will be disseminated through:
 - The Club website.
 - Email from the Club.
 - Telephone to those who have no internet access.

CLUB LUNCHEES & OUTINGS

All Club Outings and Lunches are cancelled/postponed with effect from the date of this Guidance note.

The risks associated with gathering in unknown and uncontrolled locations and premises are considered to present too much of a risk. In addition, travel by coach and/or car sharing also present unquantifiable risk.

This state of affairs will remain in place until further guidance from PHE has been issued and the risk to our members can be better quantified.

Advice

It is strongly suggested that you go along with the following advice:

- If you or a family member are showing signs of illness, please do not attend Probus meetings and follow the guidance below.
- We recommend that members consider refraining from any physical contact within, before or after meetings.
- Minimise mass shared transport (i.e. cars, coaches, etc) to meetings or outings.
- Wash hands thoroughly before and after meetings for 20 seconds with hot water.
- This advice stands whether you do or do not wear gloves during your meetings.

Any member who feels unwell should follow the advice from Public Health England (PHE). If a member is known to have been infected with COVID-19, then it is standard policy for Public Health to contact all those with whom he/she has been in contact. Full co-operation is expected to ensure the risk to other Club members – and members of the public – is minimised.

If you are worried about a fellow member, please keep in contact with them via the phone and text to keep an eye on their wellbeing.

Coronavirus - Keeping yourself and your family safe:

Reduce your risk of coronavirus infection



Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water



Cover nose and mouth with tissues or inside of elbow when coughing or sneezing



If you have a fever, cough or difficulty breathing, seek medical attention and call in advance

Your Questions Answered:

Q: How long does the Coronavirus survive on surfaces?

A: It is not certain how long the virus that causes COVID-19 survives on surfaces but it seems to behave like other coronaviruses. It may persist on surfaces for a few hours or up to several days. So please ensure you wash your hands with soap and

hot water for 20 seconds (singing Happy Birthday twice) – especially after using public transport.

Q: I am showing symptoms of the virus, what should I do?

A: *Do not go to a GP surgery, pharmacy or hospital.* If you are worried you are showing symptoms of the Coronavirus please use the 111 online coronavirus service to find out what to do next.

Q. I have been asked to self-isolate, what steps should I follow?

A: Please click the link **here** if you have been asked to self-isolate for further advice and guidance.

Q: How long is the incubation period for COVID-19?

A: The incubation period means the time between catching the virus and showing symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days; most commonly around five days.

As always, the welfare of our members is paramount. We encourage all members to follow this guidance and keep up-to-date with developments from PHE as they are issued.