

# Wilson Memorial Church

*At The HEART of the Community we serve*

## A New Vocabulary That WILL Save Lives

Since the outbreak of COVID-19 we have had to learn a new vocabulary, along with a new way of co-existing. Under the restrictions that were imposed on March 23, everybody must stay at home and only leave if they have a *reasonable excuse*.

Learning anything new is never easy, and particularly in such a short space of time. So, we thought it might be helpful to remind ourselves of what is meant by, *social distancing*, *self-isolation*, and *shielding*.

### Social Distancing:

Under the government restrictions introduced on March 23, **everybody** is to practice Social Distancing. We should all be reducing social interaction between people in order to reduce the spread of COVID-19. Everyone should stay at home as the virus can be spread, even if you don't have symptoms. You must:

- Only go outside for food, health reasons, or work (but only if you cannot work from home)
- Only take one form of exercise a day (a short run, cycle, walk - alone or with members of your own household)
- Stay 2 meters (just over 6 feet) away from other people at all times if you go out.
- Wash your hands as soon as you get home.

Do not meet others, even friends or family.

People who are at increased risk of severe illness from COVID-19 are those aged over 70, or under 70 with an underlying health condition.

### Self-Isolation:

If you show symptoms of COVID-19 (Coronavirus), such as a new persistent dry cough and a high temperature (above 37.8C) you **MUST** take extra precautions. You should **stay at home** and if possible, not leave it for any reason, other than to exercise once a day (staying at least 2 meters (just over 6 feet) away from others. If you are unable to get supplies delivered, you should email our "Here To Help coordinator", Gillian, at:

[info@wilsonmemorial.org.uk](mailto:info@wilsonmemorial.org.uk)

Everyone who shows coronavirus symptoms - a fever above 37.8C, a persistent cough or breathing problems, and everyone who lives in the same home as someone with symptoms, must take these extra precautions:

- If you live alone, you must stay at home for seven days from the day symptoms start.
- If you, or someone you live with, develop symptoms, the entire household needs to isolate for 14 days to monitor for signs of COVID-19.

#### CATCH IT

Germs spread easily. Always carry a tissue and use it to catch your cough or sneeze.

#### BIN IT

Germs can live for several hours on tissues, so put it the bin as soon as possible.

#### KILL IT

Wash your hands properly and often.



- If someone else does become ill during that period, their seven day isolation starts that day.
- There are to be **NO** visitors, except necessary healthcare visits.
- Sleep in a different bed where possible.
- Do not share towels, linen, cups, plates, cutlery etc.
- Wipe any surface you come in contact with and clean it after every use with a household detergent that is active against viruses and bacteria.

People are being advised not to ring NHS 111 or their GP to report their symptoms, unless they are worried, or their symptoms become worse, or if they fall into one of the vulnerable and at risk categories (e.g. over 70, under 70 with underlying health concerns, pregnant).

## Shielding:

*Shielding* is for people, including children, who are at very high risk of severe illness from COVID-19. It is also for their families, friends and carers. Some groups of people are considered to be at extremely high risk of severe illness. This group includes people who:

- Have had an organ transplant
- Have cancer and are receiving chemotherapy
- Have lung cancer and are either receiving/have received radical radiotherapy
- Have cancer of the blood or bone marrow
- Are receiving immunotherapy or other antibody treatments for cancer
- Have had bone marrow or stem cell transplants in the last 6 months
- Have severe chest conditions, such as cystic fibrosis, severe asthma, and severe COPD
- Have rare diseases that significantly increase the risk of infections
- Are pregnant with significant heart disease.

Shielding is for your personal protection. Most people within this category will have (or soon will) receive a letter advising them of further measures, and of the help and assistance that will be provided for them, such as home delivery of food and medicines. It is also still recommended that those who are over the age of 70 should practice these shielding measures.

Sources:

[www.nhsinform.scot](http://www.nhsinform.scot)

[www.gov.uk](http://www.gov.uk)

## Post Script:

Whilst preparing this newsletter we were advised that a resident of a care home, in which one of our Church family also lives, has been tested positive for the COVID-19 coronavirus. This is a very upsetting time for the family, and an unfortunate reminder of why we have been asked to take very seriously the guidance and advice detailed in this newsletter. Keep safe. Stay home. Save lives.

[www.wilsonmemorial.org.uk](http://www.wilsonmemorial.org.uk)

Throughout this time of uncertainty, our **Basics Bank** Food Bank will continue to operate every Tuesday as usual, providing essential lifeline products to local people in financial crisis. If you would like to support our Basics Bank, please get in touch using our email or website.