

## Covid 19 Update 31<sup>st</sup> May 2020

Abbeyfield Ripon, along with other Abbeyfields in the north, is advising all residents to stay within Abbeyfield grounds.

This is because some residents and some staff family members have been advised to shield until the end of June. We live in a community, we will be unable to keep everyone safe unless we all continue to keep our contacts to a minimum.

This is challenging guidance to follow, especially when you can see more people out and about.

We have managed to keep everyone safe so far, please continue to follow the Stay Home guideline so that we reduce the chance of bringing the virus into Abbeyfield Ripon.

We will continue to disinfect communal areas around the house to keep safe, but we have no control over the town spaces outside Abbeyfield grounds. This is a virus that spreads easily, we need to wait and make sure that there is no increase in transmission of the virus as a result of this relaxation of rules.

We want to keep you all as safe as possible.

## **Government Guidance updated 29.05.20**

### **2. Vulnerable groups, shielding, 70 year olds and over, and care homes**

#### **2.1 Does easing restrictions apply to healthy 70 year olds and over?**

The advice for those aged 70 and over continues to be that they should take particular care to minimise contact with others outside their household.

If they do go out more frequently, they should be careful to maintain distance from others. They and everyone should continue to comply with any general social distancing restrictions.

We know that those aged 70 and over can be absolutely fit and healthy and it's not the case that everybody over 70 has a chronic health condition or an underlying disease.

But unfortunately, we also know that as you get older, there is a higher risk of coronavirus having a more serious impact with infection. Complications and deaths are more common in the elderly, even those without pre-existing conditions.

Anyone who has been advised to shield by the NHS or their GP, including those 70 and over, should continue to do this until at least the end of June.

#### **2.2 How long will shielding be in place?**

We've advised individuals with very specific medical conditions to shield until the end of June and to do everything they can to stay at home. This is because we believe they are likely to be at the greatest risk of serious complications from coronavirus.

We know this is challenging guidance to follow, which is why we have a support scheme in place to provide help with access to food and basic supplies, care, medicines and social support.

## Reminder

### Age UK: How does coronavirus spread?

Coronavirus is very infectious, which means it spreads very easily.

It spreads in much the same way as the common cold or flu - through infected respiratory droplets like coughs and sneezes – and passes from person to person.

This can happen when:

- an infectious person gets the virus on their hands (for example by coughing in their hand) and then touches a commonly used surface, such as a door handle, which someone else then touches.
- someone gets close to (less than 1-2 metres) someone who is infectious.

This is why we are being advised to avoid close contact with others, wash our hands thoroughly and frequently, and wipe down surfaces with disinfectant.

The average ‘incubation period’ – the time between coming into contact with the virus and experiencing symptoms – is 5 days, but it could be anything between 1 and 14 days. This is why the Government is asking everyone who has come into contact with the virus to self-isolate.

People are most likely to spread the virus to other people when they are experiencing symptoms, so it’s important to stay at home for at least 7 days (or longer if your symptoms persist). You should also stay at home for 14 days if a member of your household has symptoms of coronavirus.

However, don’t forget people can be infectious before they know they are ill.