

## **Axmouth Parish Council – Emergency Plan Update**

# **Coronavirus (COVID-19)**

The Axmouth Emergency Plan team are busy planning to help people who may end up in isolation during the current pandemic and the following information is being distributed to all households. Please read carefully and, if you are able, help your neighbours when needed.

**Based on advice from the Devon County Council, the NHS and Central Government the risk to the general public remains low to moderate.**

**The most important individual focus should be on good hygiene.**

**Precautions include:**

- covering your mouth and nose with a tissue when you cough or sneeze**
- regularly wash your hands with soap and water**
- put used tissues in the bin**
- try to avoid contact with people who are unwell**

**Do you need help with shopping, collecting prescriptions, dog walking and pet care etc. as a result of self-isolating at home, or being at high risk and wanting to stay at home? This is where Axmouths volunteer Emergency Plan Wardens or, perhaps, your neighbours can help.**

**If you, or someone you know, needs help, please contact your Emergency Plan Warden, as listed overleaf, and arrangements will be made to support you.**

People with minor flu-like symptoms should stay at home in isolation for seven days. You should only contact the NHS 111 online service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

**Please do not go to your doctor or a hospital.** There's advice online about how people can protect themselves.

As always there is a lot of information in the media and on social media so it's important to only use trusted sources.

- [From the NHS](#)
- [Public Health England](#)
- [Devon County Council](#)

## Wardens contact numbers:

Morag Steven	- 01297 22747 or 07780 840504
Nigel Daniel	- 01297 24070 or 07582 613705
Graham Mather	- 01297 625700 or 07807 735946
Ian Hunt	- 01297 22058 or 07976 513007
Sarah Hill	- 01297 21838 or 07931 992848
Nick Ostler	- 01297 22533 or 07484 315708
Bryan Davis	- 01297 24774 or 07814 475834
Chris Wakely	- 01297 22585 or 07540 811162
Andrew Spiller	- 01297 24771 or 07966 693714
Mike Calvert	- 01297 22749 or 07855 029560
Robert Sweetland	- 01297 625208 or 07920 143474
Glenn Hyde	- 01297 23378 or 07850 674561
Ian Dolan	- 01297 24162 or 07923 388942
Jan Stansfield	- 01297 24162 or 07923 388942
Ben Mulane	- 01297 624392 or 07376 283949

If you are in isolation you may feel lonely.

Please keep in regular contact if this happens to you.

Get fresh air in the garden if possible – chat across the fence!

A phone call to have a chat can make all the difference!

**Please stay safe.**



Axmouth Community