

Declaration

We, as a community in the Ludlow area, agree to work together to support: each other, essential services, businesses and vulnerable groups during the Covid 19 emergency. The clear message from this group to the community is:



What is important?

1. Delivery of essential items: pharmacy, food etc.
2. Delivery of Personal care items: cooking, toiletries etc.
3. Care of dependents: children, relatives etc.
4. Support for social isolation, to help people feel less alone.
5. Increasing control for those who may get sick.
6. Care of pets.
7. Being able to have a 'plan' if you become unwell, including Advanced Directives and 'ReSPECT' Forms.
8. Planning how to keep our town vibrant with viable businesses.
9. Help compliance for self-isolation.



What should I do if...

I am a parent, or have dependents?

I am over 60, or have underlying health conditions?

I am under 60, healthy and live with people who are also well?

I am a school?

I am a business?

I am a care home or agency?

I am a Funeral Director?

I am a District Nurse?

I am a mental health worker?



All of you should...

Buddy up to help each other out.

Engage and help with our volunteers and group.

Help people make **plans** of action if they become unwell.

Carry out a **risk assessment** for your staff, family, or anyone that takes care of your family.

Consider not only what is best for **you**, but also what is in the best interests for **your community**.

Above all consider what you can you do to minimise the risk for those who are most at risk from Covid 19.

