THE ROYAL BRITISH LEGION

CORONAVIRUS
MEMBERSHIP NOTICE

This information is intended to help you, as a member of The Royal British Legion to decide what steps you should take considering the spread of the covid-19 virus.

What is the coronavirus?

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. This strain, covid-19, is a new strain of coronavirus first identified in Wuhan City, China in January 2020.

What are the symptoms?

The following symptoms may develop in the 14 days after exposure to someone who has covid-19 infection:

- A cough
- A high temperature
- Shortness of breath

If you are worried about symptoms, please call NHS 111 or go to the NHS 111 coronavirus advice website*. Do not go directly to your GP or other healthcare environment.

The latest advice and developments on the covid-19 situation can be found on the GOV.UK website.

What's the best way to prevent the spread of covid-19?

- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser; this is particularly important after taking public transport.
- Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available.
- Always carry tissues with you to cover your cough or sneeze, then throw the tissue in a bin.
- Clean and disinfect frequently touched objects and surfaces in the home and work environment.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are unwell.
- If you or someone in your household suffers from diabetes or an ongoing respiratory illness (such as asthma) and the situation does escalate, you may want to consider not using the crowded public transport to travel, as this seems to be the most likely route to infection.
- If you have the option of using IT or telephone systems for meetings, then please use them.

What can you do to protect other members, volunteers, and those that we support?

- If you are feeling unwell or are worried that you may be at risk, please don't come into Legion locations or carry out any visits. Let other members or staff know that you won't be attending.
- Take note of and share with other members and volunteers the information provided via our communication channels.
- GOV.UK has published clear and printable instructions on handwashing techniques – display them in offices, meeting rooms, clubs and other Legion venues.

- Viruses can live on hard surfaces for up to eight hours - frequently clean key areas including keyboards and door handles.
- Download a 'Catch it, Bin it, Kill it' poster from the NHS website* for use in your home and or member/volunteer location.

How can I support our beneficiaries/clients?

Generally, infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease. Some of our members, volunteers and people we support may be more at risk or highly concerned about the virus. Remember:

- If carrying out visits to those we support in their home, check that they are well and if they have recently travelled to risk areas.
- Ask members if they would prefer to carry out their roles from home (if they have the infrastructure and the role facilitates this).

What if I or someone I know has travelled recently or is about to?

- Keep up to date on current travel advice. The Foreign Office has published information and advice on travel safety and the World Health Organisation is providing updated covid-19 travel advice.
- The government has listed high risk areas/countries by category 1 (highest risk areas) and category 2 areas.
- Members and volunteers who are symptomless but have returned from category 1 areas within the last 14 days should self-isolate for 14 days from their return.
- Members and volunteers who have returned from a category 2 area within the last 14 days and who develop symptoms should self-isolate.
- Let your contact at the Legion know if you are travelling or returning from travel, particularly if it is from a risk area.

What about the Annual Conference and other large Legion events/meetings?

At this stage we haven't made any decisions regarding cancellations of large gatherings such as the Annual Conference or Membership Meet-Ups, but we will keep you informed of any changes to the current plans.

*Resources/guidance

Key up-to-date information from the government:

GOV.UK: COVID-19 latest information and advice

NHS coronavirus advice

Travel advice

GOV.UK: COVID-19 travel advice

GOV.UK: COVID-19 specified countries and areas with implications for returning travellers or visitors arriving in the UK

Posters

Handwashing techniques

Catch it, Bin, it, Kill it' poster