

Coronavirus (Covid-19) – what we are doing

Our older, vulnerable population; remote island location and limited access to essential services place us at greater risk if we do become infected and fall ill.

We are working together as a community to help everyone stay healthy, at home here on Lismore.

What we are doing

Washing our hands, not touching our faces and observing all other health and hygiene recommendations at home, and when visiting Lismore Stores or other services.

Anyone who displays symptoms of Coronavirus COVID-19, however mild, will **self-isolate** at home for 7 days. Anyone living with someone who has a cough or temperature will stay at home for 14 days

We are practicing **social distancing** by

- Not undertaking unnecessary journeys on or off-island
- Working from home
- **Cancelling all public events** such as ceilidhs, films, concerts, badminton or social gatherings, until further notice
- Avoiding close physical contact with friends and family
- Being mindful of others when visiting our shop
- Using telephone or online methods for GP and other health consultations
- Talking with close friends and family who live off the island about whether or not to postpone any planned visits
- Asking visitors if their trip is necessary

We are **closing community buildings** such as:

- Lismore Hall
- Lismore's Heritage Centre and Café

We are trying to **limit footfall** to Lismore Stores and Post Office (Lismore's only shop) by **discouraging anything but essential visits**.

We are also

- ✓ Keeping in touch by phone, email, or online chats
- ✓ Keeping at least 2 metres apart if we do have to meet face to face
- ✓ Finding ways of delivering food, medicine, fuel or other supplies to those who are elderly, vulnerable or self-isolating
- ✓ Getting outside and enjoying our beautiful scenery
- ✓ Being good neighbours, supportive friends and **staying positive**