



This Newsletter has been produced by the Petersfield COVID-19 Network. It is intended to help and inform Petersfield residents, especially those who are unable to leave their homes because of Government restrictions.

If you know someone who would like to receive the paper version of this newsletter, please ask them to contact Romsey Mill via phone or via post: Romsey Mill Centre, Hemingford Road, Cambridge CB1 3BZ (you do not need a stamp if you add "FREEPOST CB1067") or call 07933 671101.

Romsey Mill can also offer assistance by putting you in contact with volunteers, who can help collecting shopping and medication.

If you have information which would be of benefit to other residents in Petersfield please contact Romsey Mill with details and we will consider using it in future newsletters.

For all residents experiencing other Covid related issues (e.g. needing help while they isolate, or experiencing financial hardship support) speak to a member of the customer services team at Cambridge City Council. Telephone 01223 458780 or contact Simon.Aslett@cambridge.gov.uk or complete an online help request form here <https://www.cambridge.gov.uk/coronavirus>

Latest infection statistics in Cambridge

Public Health England data indicates there were 29 new cases of Covid-19 in Cambridge, for the week March 4th - to Mar 11th. This is a 64% reduction from the previous week. There were 0 deaths within 28 days of a positive coronavirus test in Cambridge in the period up to March 5th. There were less than 3 new cases in Petersfield in the same period. The infection rate in Cambridge is now the same as it was at the end of September 2020.

Shared Housing

This latest guidance explains the additional steps you should consider to reduce the risk of catching or passing on COVID-19. This guidance is for people living in all types of housing, in particular for people who live in:

- accommodation with shared facilities, such as a block of flats
- a flat or house share where tenants live with another person with whom they are not related and share cooking and bathroom facilities
- a House in Multiple Occupation (HMO), which is where 3 or more people from 2 or more different families share cooking or bathroom facilities
- co-living where multiple people/households share some facilities or common areas



Ventilation

In addition to social distancing and other measures, you can also reduce the risk of spreading COVID-19 if you:

- avoid coming into contact with people in spaces with limited flow of fresh air such as rooms with windows that are never opened
- make sure you let plenty of fresh air into your home without getting uncomfortably cold. If you have people working in or visiting your house for permitted reasons, you should do this during their visit and after they leave

Cleaning

Reducing clutter and removing difficult to clean items can make cleaning easier. Increase the frequency of cleaning, using standard cleaning products such as detergents and bleach, paying attention to all surfaces but especially ones that are touched frequently, such as door handles, light switches, remote controls and electronic devices.



Kitchen

It is very unlikely that COVID-19 is transmitted through food.

However, as a matter of good hygiene practice, anyone handling food should wash their hands often with soap and water for at least 20 seconds before doing so.

Use a dishwasher to clean and dry your crockery and cutlery. If this is not possible, wash them by hand using washing up liquid and warm water and dry thoroughly using a separate tea towel. Clean frequently touched surfaces regularly and common kitchen appliances including fridge handles and kettles.

Bathrooms

If available, operate a bathroom fan when the bathroom is in use and clean frequently touched surfaces regularly, as well as opening window/s (if available). Toilet lids should be closed before flushing to reduce aerosol droplets. Where cloth towels are used, these should be for individual use and laundered in accordance with washing instructions.

Covid-19 rapid testing for key workers and those who cannot work from home

This testing is supplied by NHS Test and Trace and is being offered to people aged 18 and over who are key workers or having to leave home to go to work. The tests are strictly for people who have no symptoms of Covid-19.

As many as 1 in 3 people who have coronavirus have no symptoms. To make the testing as worthwhile as possible, people should be tested twice a week. The nearest testing centre in Cambridge is at The Meadows Community Centre, 1 St Catherine's Road, Arbury, Cambridge, CB4 3XJ. To book a test, use this link:

<https://outlook.office365.com/owa/calendar/COVID19LateralFlowTesting@peterborough.gov.uk/bookings/>