

## **CLUB MEETINGS AND COVID – PROTECTION OF VULNERABLE MEMBERS**

Covid-19 is still with us. Rates of infection are as high as ever. For most older people, especially those with pre-existing conditions, it remains an illness that can make those conditions worse, make us bed-ridden, causes distress and can seriously impair ongoing health.

Per the ADVISORY NOTES attached, it is therefore *“sensible to wear a mask in crowded, enclosed spaces, keep indoor spaces ventilated and stay away from others if you have any symptoms of a respiratory illness”*.

### **Probus Members**

By virtue of age, most Probus members are vulnerable to illness from Covid. It is therefore common sense to help control the risks for ourselves and others. We wouldn't usually need to say more since everyone will no doubt be familiar with all this by now. And we meet in probably the safest (and best) luncheon room in town!

What has come to light, however, is that one or two members have weakened immune systems. For them, the Covid vaccine is not very effective. Protecting them from infection is particularly important for them to attend meetings,

Clearly, it is quite easy to make sure that the dining area is well ventilated and seating arrangements suitably spaced. We do this. But for some members other arrangements are even more sensible.

### **Exceptional Circumstances**

If you wish to attend but believe you are more highly vulnerable (e.g. a weakened immune system), please notify Bob. If you wish to attend, we will arrange to have drinks brought to your suitably spaced table so that you will not need to congregate at the bar and so on.

You would need to take a Lateral Flow Test prior to attending. These are no longer free and, if you do not have your own supply, Bob can put you in touch with a member who has spare tests to offer.

Lastly, it goes without saying that if you have any symptoms of a respiratory infection, you should notify Bob.

***The Committee  
The Dengie Hundred Probus Club  
April 2022***

## ADVISORY NOTES

**Dame Jenny Harries, Chief Executive of UKHSA**, says:

As we learn to live with COVID, we encourage people to keep following simple steps to help keep themselves and others safe.

COVID still poses a real risk to many of us, with continuing high case rates and hospitalisations. That is why it is sensible to wear a mask in crowded, enclosed spaces, keep indoor spaces ventilated and stay away from others if you have any symptoms of a respiratory illness.

### **People with symptoms of a respiratory infection**

People with symptoms of a respiratory infection, and who have a high temperature or do not feel well, should try to stay at home and avoid contact with others. Those who show a positive test result should try to stay at home and avoid contact with other people for 5 days following the day of their positive result.

It is particularly important that a person with symptoms of a respiratory infection, avoids close contact with people whose immune system means that they are at higher risk of serious illness. If a person has tested positive for COVID-19 they should avoid those people who are at higher risk of serious illness for a 10-day period.

People who are at higher risk from COVID-19 and other respiratory infections include:

- older people
- those who are unvaccinated
- people of any age whose immune system means they are at higher risk of serious illness
- people with certain long-term conditions, e.g. certain types of cancer or have had certain types of chemotherapy in the last 12 months or have had radiotherapy in the last 6 months.

For full guidance see:

[New guidance sets out how to live safely with COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/new-guidance-sets-out-how-to-live-safely-with-covid-19)

[COVID-19: guidance for people whose immune system means they are at higher risk - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/covid-19-guidance-for-people-whose-immune-system-means-they-are-at-higher-risk)