

'We need to act and to do some simple things most of the time and most of us need to do this', say health leaders

Health leaders say, "We don't need to be perfect, we don't need to do everything all the time. We do need to act and to do some simple things most of the time and most of us need to do this"



Two Isle of Wight health leaders have added their names to a letter penned by senior clinical leads from across the Region, reminding the general public that the [Coronavirus](#) "pandemic is still here".

"The virus remain infectious and dangerous"

Alistair Flowerdew (Medical Director, [Isle of Wight NHS Trust](#)) and Dr Michele Legg (Clinical Chair of [Isle of Wight CCG](#)) join other health leaders to say,

"The virus is still in our community. It is in higher numbers now than when this all started from a few people returning from holidays in Italy and elsewhere.

"The virus remain infectious and dangerous. It kills the young, the old, the healthy, the fit, those with ill-health and those in their prime."

"Nothing has changed, a huge risk remains"

They go on to add that although we are in a place of relative safety, "we must not

confuse this with a mistaken view that this is over, that everything has changed”.

The letter says nothing has changed, a huge risk remains,

“We are seeing second peaks elsewhere in the world and the return to lockdown in Leicester”.

“Our Dunkirk moment”

The health leaders say this is our Dunkirk moment.

“When the army was trapped on the beaches of Dunkirk, the authorities and the Navy were unable to rescue them. The ships could not get close to the shore and were too vulnerable to air attack.

“Victory was snatched from complete defeat by the effort of individuals in small pleasure boats coming to the rescue. It was through the actions of the people, individuals acting in the interest of others, that so many lives were rescued.”

“Most of us need to do this”

The letter carries on,

“How many people die prematurely from the disease, how much more damage there is to our economy and futures, how much freedom we lose over the coming months, can swing on some simple things.

“We don’t need to be perfect, we don’t need to do everything all the time. We do need to act and to do some simple things most of the time and most of us need to do this.”

The ‘wash, walk, wear’ message

The letter finishes by pushing the ‘wash, walk, wear’ message.

“We need to wash our hands as often as possible; walk apart when you can; wear a face covering where you can’t walk apart.

“Walk, walk, wear, will maintain our freedom now, and save lives. We need to support our national leaders, we need to do our bit, only we can.”

Read the letter in full below [\(click on the image to see larger version\)](#).



Supported by

Derek Sandeman – Chief Medical Officer
University Hospital Southampton NHS Foundation Trust

Dr Lara Alloway – Medical Director
Hampshire Hospitals NHS Foundation Trust

Mr Alistair Flowerdew – Medical Director
Isle of Wight NHS Trust

Jackie Ardley – Chief Nurse
Solent NHS Trust

Dr David Chilvers – Clinical Chair
Fareham and Gosport Clinical Commissioning Group

Dr Nicola Decker – Clinical Chair
North Hampshire Clinical Commissioning Group

Dr Elizabeth Fellows – Clinical Chair
NHS Portsmouth Clinical Commissioning Group

Dr Mark Kelsey – GP and Clinical Chair
Southampton City Clinical Commissioning Group

Dr Jonathan Prosser – Interim Medical Director
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Dr Barbara Rushton – Clinical Chair
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Dr Tim Wright – Executive Medical Director
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Dr Andrew Fernando – Medical Director
North Hampshire Urgent Care

Dr Michele Legg – Clinical Chair
Isle of Wight Clinical Commissioning Group

Everything has changed, nothing has changed.



University Hospital
Southampton
NHS Foundation Trust

Everything has changed:

In March we faced an exponential rise in Covid-19 infections threatening us individually and also to overwhelm the NHS. There was the real possibility that we would not be able to provide care for all who needed it. Thanks to the enormous goodwill and personal sacrifices of you all in locking down, this has been avoided. Now we are under control.

All of our lives have been affected and for some tragically. We all know more than we ever wanted to know about how a respiratory virus is spread. The need to wash our hands, walk apart and minimise contact with others. We know about the R-number. That is the number likely to be infected by an individual. Without intervention, 1 person infects 3 others ($R=3$). The ability to spread is clear: those 3 become 9, then 27 and on, and on.

Nothing has changed:

The pandemic is still here. The virus is in our community. It is in higher numbers now than when this all started from a few people returning from holidays in Italy and elsewhere.

The virus remains infectious and dangerous. It kills the young, the old, the healthy, the fit, those with ill-health and those in their prime. The only blessing is it spares our children. It takes decades of life from those who die, it can easily and rapidly return, threatening to overwhelm us.

We are in a good position, a place of relative safety. We must not confuse this, with a mistaken view, that this is over, that everything has changed. Nothing has changed. A huge risk remains, we are seeing second peaks elsewhere in the world and the return to lockdown in Leicester.

We must not squander this position that has been so hard won. Let's not lose our regained freedoms. People's mental, financial and physical health will not cope with a return to lockdown. General practices and hospitals need urgently to get back to normal care.

The pandemic will pass:

How many people die prematurely from the disease, how much more damage there is to our economy and futures, how much freedom we lose over the coming months, can swing on some simple things. We don't need to be perfect. We don't need to do everything all the time. We do need to act and to do some simple things most of the time and most of us need to do this.

We need to:

- **Wash** – our hands as often possible
- **Walk** – apart when you can
- **Wear** – a face covering where you can't walk apart

If we keep the rate of spread down, eventually the epidemic will recede and a vaccine will come. Do nothing and it will return to 3. Currently, it is close to 1, yet a small rise to 1.3 and the health service will be overwhelmed. It doesn't take much to tip the balance.

This is our Dunkirk moment. When the army was trapped on the beaches of Dunkirk, the authorities and the Navy were unable to rescue them. The ships could not get close to the shore and were too vulnerable to air attack. Victory was snatched from complete defeat by the effort of individuals in small pleasure boats coming to the rescue. It was through the actions of the people, individuals acting in the interest of others, that so many lives were saved.

Wash, walk, wear, will maintain our freedom now, and save lives. We need to support our national leaders, we need to do our bit, only we can. Not all will heed this message. However, it just takes the majority of us to do it most of the time. Some will refuse, some will forget, some are too frightened, don't understand or are unable. However, it just takes most of us to do it, most of the time. The more people who do this, the more people will do this.

Let us determine our near future. Let's act now.

Thank you,

The Senior Clinical Leads for Hampshire & Isle of Wight

#covidzero

