



KAMARES VILLAGE MATTERS

Kamares Village Houseowners' Association Newsletter

Issue 48, March 2020

The Vice President's Piece

By Val Potter

This has been quite a start to 2020 - fires, floods and flu like viruses! It makes you wonder what else is forthcoming.....

We have all been watching with great interest, the progress on the 'Slipping Building', and the subsequent building of the new road. It was with no great surprise that we learned, that whilst excavating there had been problems with a large quantity of water being found; this had to be diverted and suitable drainage provided, all time consuming and necessitating working with flood lights at night. Tala C.C. will inform us as soon as there is positive news from the contractors on the potential re-opening of the road.

The KVHA have asked Tala for certain potholes and manhole covers to be filled in as soon as possible, especially those which are unavoidable when forced to swerve to avoid parked and oncoming cars - thank you for reporting these to us - and thanks to Tala for filling in previously reported potholes.

I am sure most of you will have had problems with dogs barking during the day and at night, when their owners have left their villas and leave their dogs in the garden to bark and howl, causing a nuisance to their neighbours and encouraging other dogs in surrounding areas to join in. If you are losing valuable sleep because of dogs barking continuously, and have politely asked your neighbours to address the situation, to no avail, you should telephone 26806060 and report the disturbance, it will also help if you are able to keep a log of the times and the dates you are disturbed. Should there be others in your neighbourhood who are similarly troubled, ask them also to make the call, it does not matter what time of the day it is, late evening or early hours of the morning, your call will be registered.

Thanks go to one of our members who witnessed 'gardeners' dumping garden rubbish in a green area. Upon approaching them and explaining that they were breaking the Law, he advised that he would be contacting Tala C.C. This incident will be reported to Tala, together with the photographs.

Still on dogs - if you enjoy a stroll around Kamares, please carry a stout stick with you. One of our members was bitten on the back of his leg, whilst walking up Ambelia. This was a small dog which ran out from the garden and went for him, catching him on the back of his leg. It was reported to the owners and to the Police - he was sensible and consulted a Doctor immediately.

N.B. Medical Advice is that any person who gets an animal bite that breaks the skin should visit a doctor as quickly as possible, as the wound is very likely to become infected and should be treated as a matter of urgency. Do not wait for the wound to become infected - this also applies to human bites!

I was bitten by a tarantula and waited for a reaction – big mistake - I ended up having to go to hospital for treatment.

Don't forget to keep your tetanus injections up to date.

Stay Healthy.

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*******IMPORTANT NOTICE*******

CORONAVIRUS

IF YOU HAVE ANY FLU LIKE SYMPTOMS AND TRAVELED TO OR FROM HIGH RISK COUNTRIES, PLEASE DO NOT COME INSIDE THE CLINIC OR ANY CLINIC OR HOSPITAL TO AVOID ANY POSSIBLE CONTAMINATION

DIAL (HEALTH AND SAFETY CYPRUS) 1420/1450 FOR FURTHER GUIDE LINES AND INFORMATION

STAY IN HOME QUARANTINE TO AVOID FURTHER SPREADING OF THE VIRUS UNTIL TESTED NEGATIVE

**Measures announced by the President of the Republic of Cyprus,
Mr Nicos Anastasiades, with regard to tackling Coronavirus**

The following is an announcement has been made by Mr Nicos Anastasiades, President of the Republic of Cyprus, relating to entry into the Republic with effect from 1:00a.m. on March 15th

A. From 1:00a.m. on March 15th and for a period of 15 days in the first phase, the prohibition of entry to any citizen - regardless of nationality - who does not fall into the following categories:

Cypriot citizens

Legal residents in the Republic of Cyprus

European nationals or third-country nationals working in the Republic

Nationals of countries who are in a designated diplomatic service or mission under bilateral or international conventions

Individual cases of European nationals or third-country nationals for unavoidable professional obligations, provided that the relevant authorization has been obtained from the competent Ministry

European or third country citizens attending educational institutions in the Republic of Cyprus

B. As regards the crossing points between the free and the occupied areas, entry will be permitted only to persons falling into the following categories:

Cypriot citizens, Greek Cypriots and Turkish Cypriots

Legal residents in the free areas

Nationals of countries who are in a designated diplomatic service or mission under bilateral or international conventions

I appeal to all Cypriots to use the crossing points when absolutely necessary

C. The suspension of classes in public and private educational institutions of the country is extended until April 10th

I would like to stress that during the suspension of operation of public educational institutions, the competent Ministry of Education will take measures to ensure that the curriculum is covered.

SLIPPING BUILDING
Progressing - working on Sunday, March 15th



SIMPLE INSTRUCTIONS RE CORONAVIRUS

We have amongst our residents, a consultant in infectious diseases and who has kindly shared with us some simple instructions to use during this current outbreak of the Covid-19 or Coronavirus. Maybe the advice is not just for now, but something we should continue to practice? Thank you to Ulla for the advice.

Do NOT ever touch your face. If you HAVE to touch your nose, eyes, mouth - then wash your hands in soap and water before and also AFTER.

Do NOT greet by hand greeting, there are other ways to show affection and politeness like greet with hand over heart, elbow or shoulder greeting as they do in Ethiopia, or by having your hands together in front of your chest like they do in part of Asia!

Teach people to cough in armfold (inside of elbow) instead of hands (virus will come on to hands and be left on handrails and shopping trolleys).

Thanks to Dr Ulla Hedström (Resident Member), Consultant Infections Diseases



ANNOUNCEMENT BY THE CYPRUS GOVERNMENT

Guidance for Quarantine and Self-isolation within the context of the COVID-19 epidemic

Quarantine

Category I: Compulsory isolation under medical supervision (quarantine) at home, if possible, or at premises managed by the Ministry of Health

- Hubei province, China
- Italy
- Iran
- Republic of Korea

If you have visited Category I areas -according to the category of affected countries as published by the Infectious Disease Surveillance Unit of the Ministry of Health- like Hubei province in China) or if you have come in contact with a documented case of COVID-19 infection within the last 14 days, then you need to follow the following instructions in order to contain the spread of the virus in the community:

1. Stay at home

Do not go to your workplace or school, or to public places.
Ask for help for food supply and other items.

2. Separate yourself from others at home

Stay in a well-ventilated room and do not move from room to room.
Keep your room door closed.

If available, use a separate bath-toilet from the other occupants.

If there is no separate bath-toilet it is essential to clean them and especially before any other users.

You need to use your own personal towels.

3. Use a surgical face mask

You should wear a surgical mask when you are in the same area as the other occupants.

Any persons who come into contact with you should wear a surgical face mask in the house.

4. Avoid using common items with others

Do not share plates, knives and forks, cups, straws, personal hygiene items, electronic devices, telephones and other devices with other house occupants.

Avoid having visits.

You should avoid having visits from people who do not stay in your house, even if they won't come into contact with you.

5. Avoid any contact with domestic pets

Avoid contact with domestic pets if they are at your home.

6. Waste disposal

Waste must be placed in a double bag stored outside the house separately from waste for the other occupants. The waste should be placed in waste collection to be collected by the district rubbish collectors until the end of the quarantine period when instructions will be given for suitable waste disposal.

7. Monitor for onset of symptoms

Daily temperature measurements are recommended.

If any of the following symptoms, fever, cough, shortness of breath or sore throat should occur, stay home and call the direct 24-hour national call line, Central Ambulance Call Centre at 1420/1450 and inform them of your symptoms and your recent travel.

The above measures are essential for containment of the spread of the virus in the community. Complying with these measures is strictly the responsibility of the person in quarantine and it depends on his/her maturity and sense of conscience.

Self Isolation

Category II: Compulsory isolation at home, or at premises managed by the Ministry of Health for 14 days under telephone supervision. Avoid close contact and travel, maintain basic hygiene rules, monitor and report symptoms with the Coronavirus call centre at 1420/1450

- United Kingdom (according to message from British High Commission)
- China (excluding Hubei province)
- Japan
- Hong Kong
- Germany
- France
- Spain
- Greece (Achaea, Elis and Zakynthos areas)

If you have visited areas where there is evidence of active community infection Category II within the last 14 days, then you need to follow the advice outlined below:

1. Limit your movements

Avoid unnecessary movements of travel.

If you need to move, do not use a bus or a taxi.

2. Avoid contact with other persons

Maintain at least 1 meter of distance from other people.

Do not go to your workplace or school.

Do not go to crowded public places (cinemas, bars, coffee shops) and events (parties in enclosed areas), unless it is absolutely necessary.

Try to avoid visits to homes; it is better to be in open areas with natural ventilation.

Avoid visits to hospitalized patients or care homes and rehabilitation centres.

3. Comply with basic rules of hygiene

Perform frequent careful handwashing with liquid soap and water for at least 20 seconds.

Avoid sharing items with others.

Self-monitor for symptoms.

Daily temperature checks are advised.

If you develop any of the following symptoms: fever, cough, shortness of breath, sore throat, then stay at home and immediately contact the direct 24-hour call line, Central Ambulance Calls Control, at 1420 and inform them of your symptoms and your recent travel.

The above measures are considered essential for reduction of the spread of the virus in the community. Application of these measures is strictly the responsibility of the person who has received these instructions and it depends on his/her maturity and conscience.

Self Monitoring

Category III: Self-monitor and in case symptoms occur, contact the Coronavirus call centre at 1420. Adhere to basic hygiene rules, restricting travel unless absolutely necessary

- Greece (excluding Achaia, Elis and Zakynthos areas)
- Switzerland
- Netherlands
- Sweden
- Belgium
- Singapore

Due to a high number of calls received at the 1420 call centre, from citizens seeking general information about coronavirus, the Ministry of Health announces that as of March 13, call centre 1450 began its operation.

The 1450 call centre will operate 24 hours a day and will be available to citizens for information on the epidemic. Information is also available on the website of the Press and Information Office www.pio.gov.cy/coronavirus.

The 1420 call centre remains in operation, for people who meet clinical and epidemiological criteria, exclusively for reporting symptoms.

Off the Beaten Track – *Walk Around Paphos Town*

Not quite off the beaten track but well worth it; 2 ½ hour FREE guided walking tour starting by the lift near the market at 9:00a.m. during March and April. Walk around the old town area and Town Hall area. Check out visitpafos.org.cy and call 26811500 to reserve a place.



Mosque



Girl with a hoop



Crochet wall

The Department of Antiquities of the Ministry of Transport, Communications and Works announces that museums, archaeological sites and ancient monuments will remain closed until March 20th, as precautionary measures taken to prevent the spread of the coronavirus COVID-19.

The Department of Antiquities apologises to the public for any inconvenience caused.

FROM KVHA

We are currently emailing you all the latest information concerning the Covid-19 or Coronavirus. These emails contain details from either the Cyprus Government, The British High Commission or the UK Foreign Office. At present the situation is very fluid and results in a number of emails on the subject. The response we have had has been very positive with a number of members emailing favourable comments. If you do not wish to receive these emails we can ensure that you are removed from the list for these emails. If you wish to receive the emails you need to take no action if, however, you don't want them please let the secretary know on kvhasecretary@gmail.com. If you do opt out of Coronavirus emails you will continue to receive all our other emailings.

The information contained in our newsletter is correct, as far as we can be sure, at the time of publication but may have been superseded by new information. Please check with Government websites for the latest information.

BURGLARIES

There have been two attempted burglaries recently – please keep property secure at all times.

For immediate attention from the police, the number is 112.

To report a burglary, attempted burglary or any suspicious activity, the number is 26806060.

May we also request that if you are burgled or an attempt is made to access your property, and after reporting it to the police, please let the KVHA know on the usual email kvhasecretary@gmail.com and also to Panayotis at the Club on 99493436.

Household Budget Survey 2020 by the Statistical Service

The Statistical Service of Cyprus announces that it has launched the data collection for the Household Budget Survey 2020. The survey will cover 4800 households in the urban and rural areas of Cyprus and is conducted according to the European Union Statistical Office (EUROSTAT) guidelines.

The main objective of the survey will be to analyse the changes in the pattern of household consumption expenditure, which will form the basis for both the revision of the weights of the Consumer Price Index and the revision of the “consumer basket”. Furthermore, the results of the survey will be used for the compilation of socioeconomic indices and to study the household income and expenditure pattern by household category, as well as the structure of private final consumption expenditure for national accounts purposes.

All enumerators that participate in the survey have been trained for the completion of the questionnaires using the computer assisted personal interview (CAPI) method. Additionally, they have been trained in the completion of diaries for the household daily expenses. The enumerators carry special identity cards of the Statistical Service.

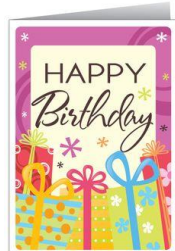
The data collection phase will be evenly distributed over a period of twelve months, beginning February 2020 and ending January 2021. More specifically, every eighteen days the enumerators will visit approximately 240 households, so that the data collected will represent the consumption trends and habits of the household throughout the year avoiding bias due to seasonality.

The survey is conducted according to the Statistics Law No. 15(I) of 2000. According to this Law, the Statistical Service is obliged to treat all the information collected as confidential. The data collected will be used solely for general statistical purposes. The individual data of the household will not be disclosed to any person, organisation or other Government Department.

The success and the credibility of the survey depends on the cooperation of the public, therefore the Statistical Service of Cyprus invites the households, which were randomly selected in the survey, to cooperate with enumerators and provide all the information required.

For further enquiries you can contact the Officers in charge of the survey at the telephone numbers 22602157, 22605113 and 22602139.

CARDS



The Welfare Centre in Tala, next to to the Post Office, collect used birthday and Christmas cards plus any other cards; please drop off between 9:00-11:00 a.m. Monday - Friday or at the Council Office. They can also be left at the Visteria Kiosk in a bag for the attention of Cathi.

LIBRARY NOTICE



If you wish to donate books to the library, please **DO NOT** leave them without speaking to the library ladies who are in attendance on Wednesday afternoons from 2:00-5:00p.m. in the Palm Room.

Only books in good condition will be accepted.

Thank you!

Did you know.....

There is an old projector in the Titania Centre in Kennedy Square where there used to be a cinema.





Emergency Medical Centre

The Doctor is available Monday to Friday from 9am - 12 noon only. Please be aware if you wish to consult with the Doctor you should be there before 12 noon.

Emergency Number 99329434

Due to the Corona Virus there will be no Doctor in attendance at the medical centre on Monday March 16th, Tuesday March 17th and Wednesday March 18th. Patients who need to see a doctor or need prescriptions should attend the Iasis Hospital. Nurses will still be in attendance at Kamares as usual.

Kamares Club Weekly Activities

| Day | Morning | Afternoon | Evening |
|-----------|----------------------------|----------------|---|
| Monday | Bridge Club Yoga | | |
| Tuesday | Sine Nomine Choir | | Happy Hour 18:00 - 19:00 Quiz 20:00 |
| Wednesday | Art Group Tai Chi | Book Exchange | Monthly Wine Tasting - next meeting on April 15 at 6.30p.m. |
| Thursday | Bridge Club | | |
| Friday | Orphean Singers Tai Chi | Quilting Group | |

Check the notice board for Kamares Club social events

Useful Telephone Numbers



| | |
|---|--|
| Emergency Number for Ambulance, Fire or Police | 112 or 199 |
| Police and Fire Services - Duty Officer | 1499 |
| Police – burglary, attempted burglary, suspicious activity/reporting parking violation | 26806060 |
| Medical Assistance - Hospital Information | 1400 |
| Kamares Club Reception | 26880576 |
| Larnaca and Paphos International Airports – flight info | 77778833 |
| Street Light Fault Reporting (EAC) | 1800 pole number and street name required |

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