

Coronavirus Fact Sheet

Coronavirus ~ COVID-19

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness like the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). This new coronavirus started in Hubei Province, China. The virus was renamed (11th Feb 2020) SARS-CoV-2 and the disease the virus causes is now called COVID-19.

While Coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness, not coronavirus.

How is it spread?

The Coronavirus is most likely to spread from person-to-person through:

- Direct close contact with a person while they are infectious
- Close contact with a person with a confirmed infection who coughs or sneezes, or
- Touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

How can we help stop it spreading?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You must:

- Wash your hands frequently with soap and water, before and after eating and after going to the toilet
- Cover your cough and sneeze, dispose of tissues and use alcohol-based hand- sanitiser
- If unwell, avoid contact with others (touching, kissing, hugging etc.)

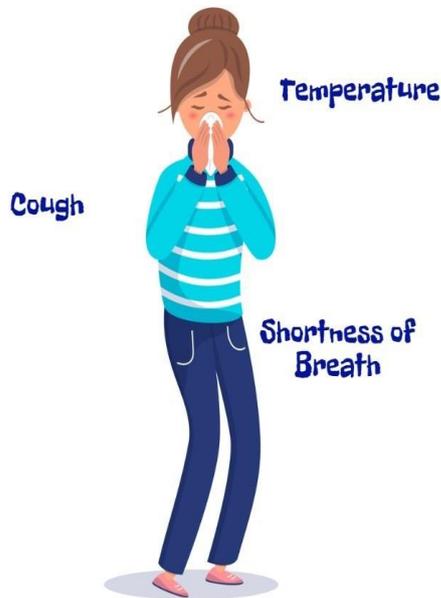


'The UK Chief Medical Officers have raised the risk to the public from low to moderate. But the risk to individuals remains low.' NHS Website Feb 2020

COVID-19 Key Facts

- It is most likely to be spread through coughs and sneezes when a person is infectious
- It is possible to spread it from surfaces – as this is a new virus it is not known how long it lasts on surfaces
- You must not go to A&E if you are unwell and think you may have COVID-19
- You must call your GP or 111
- Good hand hygiene is one of the best ways of preventing the spread of the virus
- Cough etiquette helps too

Symptoms of COVID-19



What are the symptoms?

If you have been:

- To Wuhan or Hubei Province in China in the last 14 days
- To other parts of China, including Macau and Hong Kong, in the last 14 days
- To Thailand, Japan, Taiwan, Singapore, Republic of Korea or Malaysia in the last 14 days
- In close contact with someone with confirmed coronavirus
- And have a high temperature, cough, shortness of breath (even mild)
- You may be at risk of having been in contact with someone who has the virus, SARS-CoV-2

What is self-isolation?

If someone is required to self-isolate, then they will be advised to remain at home for 14 days following last exposure and avoid close contact with other people as much as possible. They should:

- Avoid having visitors
- Ask friends, family or delivery services to drop off any food or medicines that they might need/run other errands on their behalf
- Don't go to work, school or public areas
- Don't use taxis or public transport
- Don't go to the GP or A&E

SHOULD I WEAR A FACE MASK?

It is not necessary to wear a face mask if you are well.

Wearing a face mask will be less effective than making sure you maintain good hand hygiene

What action do I need to take now?



- Take personal responsibility for good infection control by washing hands regularly
- Give support to the people you work with to understand – use the Easy Read information to help this
- Talk to your Manager if you feel anyone is at a particular risk
- Be aware of the local infection control policies in place in your work setting
- Raise any concerns with your Manager or another Manager if needed
- Stay up to date - it is a fast-moving situation!

Handwashing Techniques to Stay Healthy

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. How long? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Useful Contacts

- Out of Hours Clinical Advice: 111 for personal use
- Public Health England: 020 8200 4400 (professional use only)
- You can also contact your local office. The details are on the website:

<https://www.gov.uk/guidance/emergency-contacts-public-health>