

## **Coronavirus (COVID-19)**

The latest advice from the NHS website is as follows:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

You may need to get medical advice if you've recently travelled to the UK from somewhere with a higher risk of coronavirus.

These places are:

Cambodia	Malaysia
China	Myanmar (Burma)
Hong Kong	Singapore
Iran	South Korea
Italy	Taiwan
Japan	Tenerife – only the H10 Costa Adeje Palace Hotel
Laos	Thailand
Macau	Vietnam

If you've been to one of these places in the last 14 days, find out what to do using the NHS 111 online coronavirus service.

### **Symptoms of coronavirus**

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

But these symptoms do not necessarily mean you have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

***Most people can continue to go to work, school and other public places.***

You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

### **Do**

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell

### **Don't**

- do not touch your eyes, nose or mouth if your hands are not clean

### **Check if you need medical help**

**Anyone that is concerned about having the coronavirus should call NHS 111 and avoid presenting at a healthcare setting unless it is an emergency. NHS 111 will undertake a clinical assessment and then offer advice and, if necessary, arrange for testing or treatment in the right place depending on whether they fit the case definition.**

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Use this service if:

you think you might have coronavirus

in the last 14 days you've been to a country or area with a high risk of coronavirus – see our coronavirus advice for travellers

you've been in close contact with someone with coronavirus

--ooOo--

### **SIMPLIFIED INFORMATION - CORONAVIRUS**

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasise enough - drink plenty of water!

### **THE SYMPTOMS**

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.