

COVID-19 INFORMATION SHEET

COVID-19 (Coronavirus) is a virus resulting in flu like symptoms. In severe cases it can lead to difficulties breathing and pneumonia. The symptoms are similar to a cold or flu – you are unlikely to have COVID-19 if you have not been in close contact with someone with confirmed coronavirus and/or if you have not been to a country or area with a risk of coronavirus in the last 14 days.

The current risk level for the UK is Moderate (UK Chief Medical Officer). For context, there are currently fifty-one confirmed cases in the UK, with only one British fatality (Japan cruise ship). Over 13,800 people have been tested in the UK and all these tests have come back as negative. Note UK Terrorism threat level is much higher, currently 'substantial'.

Symptoms of Covid-19:

- The symptoms of COVID-19 are:
- a cough
- a high temperature
- shortness of breath

These symptoms do not mean you have the virus as they are like other illnesses which are more common, such as cold/flu.

How to stop the spread of the Virus:

Simple steps will stop the spread of COVID-19 and other viruses. These are:

- 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 immediately
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell

Avoid touching your eyes, nose or mouth if your hands aren't clean.

If you suspect you have COVID-19:

If experiencing flu like symptoms and you are concerned then call NHS 111. DO NOT attend a GP surgery or other medical facility unless advised to do so. You will be triaged to assess the likelihood of your symptoms being COVID-19. You may be asked to be tested for the virus, alternatively you may be given advice to relieve the symptoms if COVID-19 is not believed to be present.

You can also use the NHS self-checker tool: <https://111.nhs.uk/covid-19>

Self-Isolation:

Some people have been asked to self-isolate following travel. The advice is as follows:

1. *Self quarantine for 14 days* if you have returned from travel in the following areas: Iran, Designated Italian Municipalities, Designated South Korean zones, Hubei Province in China (if travelled since Feb 19 – call NHS and stay indoors)
2. *Self-quarantine for 14 days* following travel from the following areas if you are experiencing symptoms: Mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia, Macau, other parts of northern Italy (north of Pisa, Florence, Rimini), Cambodia, Laos, Myanmar and Vietnam.

If you are asked to self-isolate, then you should:

- stay at home
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food

Useful websites for additional information:

Government Advice (UK):

[UK GOV - COVID-19](#)

FCO Advice (UK):

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus#foreign--commonwealth-office-fco-travel-advice>

Government COVID-19 Action Plan:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/869827/Coronavirus_action_plan_-_a_guide_to_what_you_can_expect_across_the_UK.pdf

Self-Isolation Advice:

<https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/>

Data Map:

<https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>