



## What is it?

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 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.

## COVID-19 key facts

- Its spread through coughs and sneezes when a person is infectious
- It is possible to spread it from surface
- 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

## 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 symptoms and then touching your mouth or face

## What are the Symptoms?

The typical symptoms are a;

- high temperature 37.8°C or higher
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)



## 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
- Try to avoid using public transport. If you do have to use it, use a face covering
- If unwell, Stay at home, Do not have Visitors, Try to stay away from other people in your house. Stay at home for 7 days until your temperature has gone

## Is there a test to see if you have COVID-19

You can be tested for COVID-19 if you;

- are an essential worker, including NHS and social care workers with symptoms (see the full list of [essential workers](#))
- are over 65 with symptoms
- have symptoms and you cannot work from home (for example, construction workers, shop workers, emergency plumbers and delivery drivers)
- have symptoms of coronavirus and you live with any of those identified above
- work in a care home in England and have symptoms
- are a resident in a care home in England

There is a government website that tells you how to get a test and where you can get tested. This is the web address. <https://www.gov.uk/apply-coronavirus-test>

## What are the new rules I must follow?

- Stay at home at much as possible
- Work from home if you can
- You must stay 2 metres from people when you go outside
- You can exercise outside but you must stay 2 metres away from people who don't live with you
- You can meet one other person from a different household outdoors but need to stay 2 metres apart
- If you have been furloughed , speak to your boss about whether it is going to be safe to go back to work
- If you cannot work from home, try to avoid public transport
- If you have to use public transport, you can use a face covering like a fabric mask Face coverings can help us protect each other and reduce the spread of the disease if you are suffering from coronavirus, but not showing symptoms
- A face covering is not the same as the surgical masks or respirators used as part of personal protective equipment by care staff or hospital staff
- If you have been furloughed, speak to your boss about whether it is going to be safe to go back to work
- You can only travel in a private vehicle alone, or with members of your household
- The advice for those aged 70 and over continues to be that they should take particular care to minimise contact with others outside their household
- Anyone who has been advised to shield by the NHS or their GP, including those 70 and over, should continue to do this until at least the end of June



## Handwashing is still very important 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
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