



## COVID-19 CORONAVIRUS UPDATE 4<sup>TH</sup> MARCH 2020

### NHS Information:

- ✓ 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

### Check if you need medical help

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

### Impact for Travellers:

If you're concerned about the impact of the COVID-19 outbreak on your existing travel plans, check with your airline, tour operator, cruise line or other transport and accommodation providers as applicable. Individual providers may also have their own requirements for customers or passengers to meet.

**Before you travel check your policy wording for exclusions**

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

### What is Covid-19?

Covid-19 is a new strain of coronavirus first identified in Wuhan City, China.

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. However, as this virus is new there is a lack of immunity in the population.

### The UK Government Plan

The UK is working with the World Health Organisation and other countries around the World to minimise the effects of this new virus.

The objective is to contain and delay the spread of the virus to prevent further cases of infection.

Information is published to advise the general public on steps they can take such as good hand hygiene and cleaning of surface where the virus can settle.

Research into both treatments for those infected and vaccines to prevent people becoming infected is underway.

You can help prevent the spread by following the guidance from NHS, Gov.uk, and advice for travellers.

## CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



## BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



## KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



**NHS**