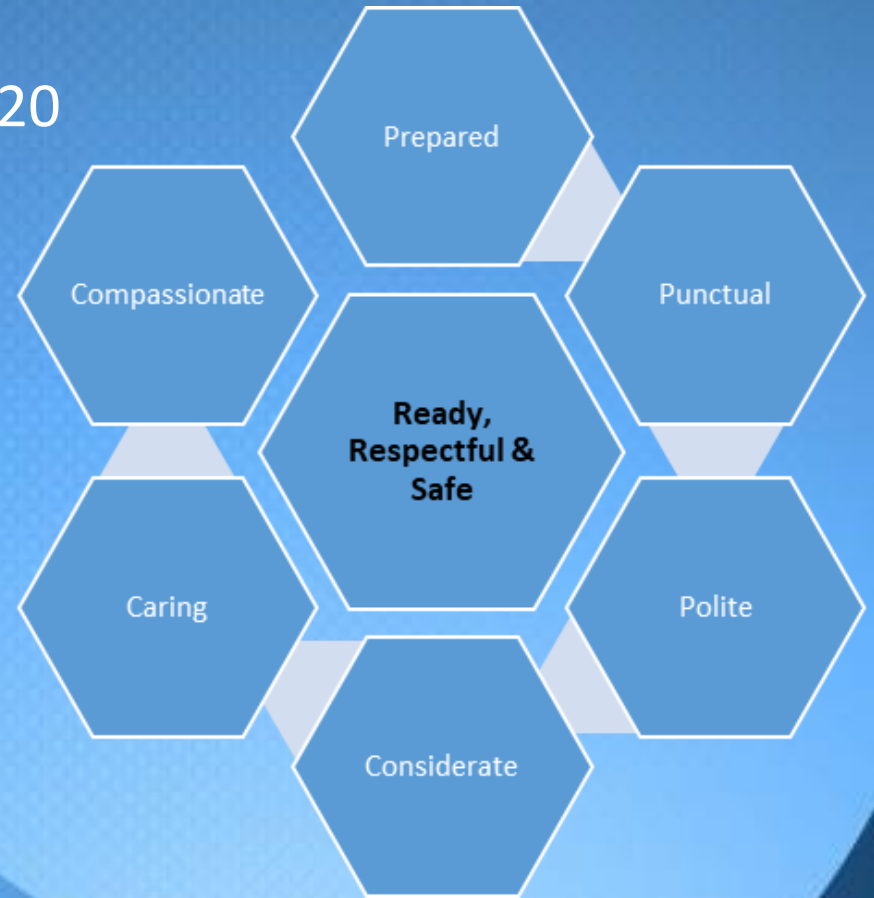


Coronavirus – 11/03/2020

[Information from Public Health England & NHS]



Key Questions:



What's the risk of coronavirus in the UK?

The UK Chief Medical Officers have raised the risk to the public from low to moderate.

What are the symptoms of coronavirus?

- 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.

Key Questions:



How coronavirus is spread

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.

Do I need to avoid public places?

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.

How to avoid catching or spreading coronavirus:



Do:

- ✓ wash your hands with soap and water often – do this for at least 20 seconds - <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>
- ✓ always wash your hands regularly [before school/break-time/lunchtime/after school]
- ✓ use hand sanitiser gel if soap and water are not available [soap & water is just as good]
- ✓ 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
- ✓ Avoid close contact with peers and friends [e.g. avoid shaking hands]

Don't:

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

Guide to effective handwashing:



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Further information:



1. NHS England - <https://www.nhs.uk/conditions/coronavirus-covid-19/>
2. Public Health England - <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>