

THE RISK

The risk of being in close contact with a person with coronavirus or contaminated surfaces is very low at the current time, as members of the public who have visited Wuhan or Hubei province, China are currently in isolation.

Health professionals are working to contact anyone who has been in close contact with people who have coronavirus.

HOW IS THE CORONAVIRUS SPREAD BETWEEN PEOPLE?

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person, but similar viruses spread by cough droplets.

SYMPTOMS OF THE CORONAVIRUS

Symptoms usually include:

- A cough
- A high temperature
- Difficulty breathing

ADVICE FOR PEOPLE RETURNING TO THE UK AND TRAVELLERS TO THE UK

Please do not book a GP appointment or attend L.L. Medical Care Ltd if;

- You've visited or travelled through mainland Cambodia, China, Hong kong, Italy - Only Northern Italy (anywhere North of Pisa, Florence and Rimini), Japan, Laos, Macau, Malaysia, Myanmar (Burma), Singapore, South Korea, Tenerife - only the H10 Costa Adeje Palace Hotel, Taiwan, Thailand, Vietnam
- You have symptoms of cough, fever or difficulty in breathing within 14 days of returning
- You have symptoms of cough, fever or difficulty in breathing after being in contact with someone with a confirmed case of coronavirus

Patient's who feel that they may have Coronavirus or may have come into contact with someone who has, the NHS 111 has created Coronavirus pages to inform patient's on what to do based on the above.

These can be accessed at <https://111.nhs.uk/service/covid-19>.

Everyone is being reminded to follow Public Health England advice to:

- 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

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

- Antibiotics do not help, as they do not work against viruses.
- Treatment aims to relieve the symptoms while your body fights the illness.
- You'll need to stay in isolation away from other people until you've recovered.

HOW TO SELF-ISOLATE IF YOU'RE ASKED TO

If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate).

This means 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

You may need to do this for up to 14 days to help reduce the possible spread of infection.

CORONAVIRUS RISK CLASSES

The full list of risk classes from Monday 16th March 2020 is as follows,

- Individuals ages 70 or older (regardless of mental conditions)
- Individuals under 70 with Underlying health conditions (anyone instructed to get a flu jab as an adult each year on medical grounds) Chronic (long-term) respiratory diseases, Asthma, Chronic Obstructive Pulmonary Disease (COPD), Emphysema or Bronchitis
- Individuals under 70 suffering with Chronic Heart Disease, Liver Disease, Parkinson's Disease, Motor-Neuron Disease, Multiple Sclerosis, Learning Disabilities, Cerebral Palsy, Diabetes
- Individuals with Sickle Cell Disease or those who have had their spleen removed
- Individuals with weakened immune systems resulting from HIV, AIDS, Steroid Tablets or Chemotherapy
- Individuals with a BMI of 40 or above
- Pregnant women
- Individuals who have received an organ transplant and remain on ongoing immunosuppression medication
- Individuals who are Cancer patient's undergoing active Chemotherapy or Radiotherapy
- Individuals with Cancers of the blood or bone marrow, such as Leukaemia who are at any stage of treatment
- Individuals with severe chest conditions such as Cystic Fibrosis or severe Asthma (requiring hospital admission or courses of Steroid Tablets)
- Individuals with severe diseases of body systems, such as Kidney Disease (Dialysis)

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If anyone living in a household has been asked to self-isolate, the whole household has to self-isolate for 14 days.

TESTING FOR THE CORONAVIRUS

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

Use this service if;

- You think you have Coronavirus
- You've recently been to a country or area with a high risk of Coronavirus, for more information visit the Coronavirus advice for traveller's website
- You've been in close contact with someone with Coronavirus

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RESOURCES

- **Coronavirus – Self Isolation - <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>**
- **NHS 111 coronavirus service for help and advice - <https://111.nhs.uk/covid-19>**
- **Coronavirus and the situation in the UK - <https://111.nhs.uk/covid-19>**
- **NHS Coronavirus Overview - <https://www.nhs.uk/conditions/coronavirus-covid-19/>**
- **Common Questions And Answers - <https://www.nhs.uk/conditions/coronavirus-covid-19/common-questions/>**