




# CORONAVIRUS

## What you need to know

DO YOU HAVE ANY OF THE FOLLOWING SYMPTOMS?



COUGH



RUNNY  
NOSE



SORE  
THROAT



FEVER



DIFFICULTY  
BREATHING

**AND**

HAVE YOU TRAVELLED TO ANY OF THESE PLACES IN THE LAST 14 DAYS?

- CAMBODIA
- CHINA
- HONG KONG
- NORTHERN ITALY (NORTH OF PISA, FLORENCE OR RIMINI)
- JAPAN
- LAOS
- MACAU
- MALAYSIA
- MYANMAR (BURMA)
- SINGAPORE
- SOUTH KOREA
- TENERIFE (ONLY THE H10 COSTA ADEJE PALACE HOTEL)
- TAIWAN
- THAILAND
- VIETNAM

- ✓ WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS
- ✓ ALWAYS WASH YOUR HANDS WHEN YOU GET HOME FROM WORK
- ✓ USE HAND SANATISER, IF SOAP AND WATER ARE NOT AVAILABLE
- ✓ COVER YOUR MOUTH AND NOSE WITH A TISSUE OR YOUR SLEEVE (NOT YOUR HANDS) WHEN COUGHING OR SNEEZING
- ✓ PUT TISSUES IN THE BIN STRAIGHT AWAY AND WASH YOUR HAND AFTERWARDS
- ✓ TRY TO AVOID CLOSE CONTACT WITH PEOPLE WHO ARE UNWELL

- ✗ DO NOT TOUCH YOUR EYES, NOSE AND MOUTH IF YOUR HANDS NOT CLEAN
- ✗ DO NOT GO TO WORK
- ✗ AVOID VISITORS IN YOUR OWN HOME
- ✗ AVOID USING PUBLIC TRANSPORT

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.



**FOR MORE ADVICE VISIT:**  
**[HTTPS://111.NHS.UK/SERVICE/COVID-19](https://111.nhs.uk/service/covid-19)**

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## What you need to know

### TESTING FOR THE CORONAVIRUS

#### AT THE HOSPITAL



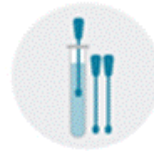
**STEP 1**  
Follow the signs to the Coronavirus isolation pod



**STEP 2**  
Inside the pod call NHS 111



**STEP 3**  
A nurse wearing protective clothing will appear



**STEP 4**  
Swabs will be taken for testing



**STEP 5**  
Self-isolate at home or elsewhere

#### DRIVE THROUGH FACILITY



You will be tested without leaving your car

#### HOME VISIT



MHS staff will visit your home



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## What you need to know

### **RISK CATERGORIES**

1. 70 or older (regardless of mental conditions)
2. Under 70's with the following underlying health conditions;
  - The instruction to get a flu jab
  - Asthma, Chronic Obstructive Pulmonary Disease (COPD), Emphysema, Bronchitis
3. Under 70's suffering with;
  - Chronic Heart Disease, Liver Disease, Parkinson's Disease, Motor-Neuron Disease, Multiple Sclerosis, Learning Disabilities, Cerebral Palsy, Diabetes
4. Individuals with;
  - Sickle Cell Disease, or have had their spleen removed
  - Weakened immune systems resulting from HIV, AIDS or Steroid Tablets, Chemotherapy
  - A BMI of 40 or above
5. Pregnant women
6. Individual's who;
  - Have received an organ transplant and remain on immunosuppression medication
  - Are Cancer patient's undergoing active Chemotherapy or Radiotherapy
7. Individual's with;
  - Cancer's of the blood marrow, such as Leukaemia who are at any stage of treatment
  - Severe chest conditions such as Cystic Fibrosis or severe Asthma (requiring hospital admission or courses of Steroid Tablets)
  - Severe diseases of body systems, such as Kidney Disease (Dialysis)



**FOR MORE ADVICE VISIT:**

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## Useful 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/>

[www.lmedicareagarwal.co.uk/](http://www.lmedicareagarwal.co.uk/)

