CORONAVIRUS INFORMATION BOOKLET

What is coronavirus?

Coronaviruses are a type of virus, there are many different kinds and some can cause diseases. A newly identified type – COVID-19 has caused an outbreak of respiratory illness.

- ➢ COVID-19 emerged in China in December 2019.

- ➢ Symptoms including cough, fever and shortness of breath.

- ➢ Coronavirus can spread from person to person and there is no current vaccine yet.

- ➢ Prevention involves FREQUENT hand washing, coughing into the bend of your elbow and staying indoors when you are sick.

- ➢ COVID-19 can be passed from person to person through droplets from coughs and sneezes.

- ➢ Now classed as a pandemic as COVID-19 has been detected in people all over the world.

- ➢ The spread of the virus is being monitored by the Centers for Disease Control (CDC), The World Health Organization and other health organizations across the globe.

How can I help slow the spread of the virus?

Stay at home
no unnecessary journeys
or social contact

Only leave home for
essential shopping
or **medical needs**

You can also go out to
exercise once a day

Travel to and from work only if
absolutely necessary

Public gatherings of
more than two people are banned -
excluding people you live with

Police could fine you
if you don't follow the rules

BBC

The spread

If you do not catch your coughs and sneezes, the virus can end up on surfaces. If someone else touches that contaminated surface, the virus can transfer onto their hands.

If you have the virus on your hands, you can infect yourself by touching your eyes, mouth or nose. You might think that you don't touch your face very often, but it's much more than you realise.

Goverenment advise on hand-washing

While washing your hands is useful in preventing yourself from getting infected, it is not the main reason the Government recommends it. It's all about stopping the spread!
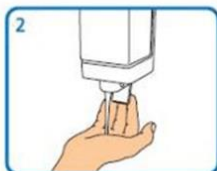
Hygiene measures such as hand-washing, self-isolating when ill and disposing of tissues ect prevent the spread of respiratory diseases.

What you do after washing your hands is IMPORTANT. Be aware of what you are touching afterwards as other people may have touched that same area. Use hand sanitizer when you are back to your "safe place".

Hand-washing technique

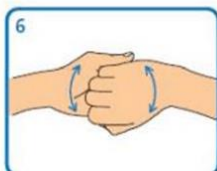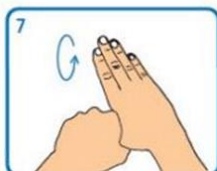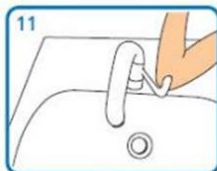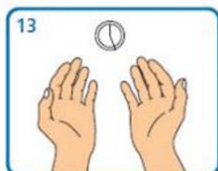|			
1 Wet hands with water	**2** Apply enough soap to cover all hand surfaces	**3** Rub hands palm to palm	**4** Rub back of each hand with palm of other hand with fingers interlaced
5 Rub palm to palm with fingers interlaced	**6** Rub with back of fingers to opposing palms with fingers interlocked	**7** Rub each thumb clasped in opposite hand using a rotational movement	**8** Rub tips of fingers in opposite palm in a circular motion
9 Rub each wrist with opposite hand	**10** Rinse hands with water	**11** Use elbow to turn off tap	**12** Dry thoroughly with a single-use towel

13 Hand washing should take 15–30 seconds

cleanyourhands® campaign

Government guidelines

- ➢ The risk in the UK has been raised to high.

- ➢ In order to prevent the spread of coronavirus you should only go outdoors for essential purposes: food shopping, collecting medication and one form of exercise a day.

- ➢ You SHOULD NOT meet up with friends or family member who does not currently live with you.

- ➢ ALWAYS stay 2 meters away from others.

- ➢ Always carry tissues with you and use them to catch you cough or sneeze, bin the tissue and wash your hands.

- ➢ Wash your hands for more the 20 seconds each time with soap and water, especially when you return from being outdoors, blow your nose, sneeze or cough and eat or handle food

- ➢ Avoid touching your eyes, nose and mouth with unwashed hands

- ➢ Avoid close contact with people who are unwell.

- ➢ Self-isolate for 7 days if you present with symptoms.

- ➢ If you use a face mask, change it frequently and dispose of it effectively – bin it.

How is COVID-19 diagnosed?

Mild cases of COVID-19 may appear similar to the flue or a bad cold, therefore a laboratory test, such as a swab, can confirm the diagnosis.

How is COVID-19 treated?

As of now, there is not a specific treatment for the virus. People who are sick from COVID-19 should be treated with in order to relieve presenting symptoms.

Does COVIS-19 cause death?

As of March 28th there have been 28,125 deaths. However 132,688 people have recovered from the illness.