

No. 124/20

13th March 2020

Dear Colleague,

Coronavirus (COVID-19) – NHS Updated Advice for The Public as of Today 13 March 2020, including ‘Stay At Home’ Advice

Introduction

The NHS have updated their advice to the public regarding Coronavirus Covid-19 which is set out below and includes the ‘stay at home’ advice.

Number of Cases

As of this morning approximately 30,000 people have been tested in the UK for Coronavirus (Covid-19), of which 29,200 were confirmed negative and 600 were confirmed as positive. 10 patients who tested positive for Coronavirus Covid-19 have died.

Main Symptoms to look out for are:

- Fever (high temperature).
- Cough.
- Shortness of breath/breathing difficulties.

Updated NHS Advice

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called Coronavirus. Stay at home if you have Coronavirus symptoms.

Stay at home for 7 days if you have either:

- A high temperature/fever.
- A new, continuous cough.
- Shortness of breath/breathing difficulties.

Do not go to a GP surgery, Pharmacy or Hospital.

You do not need to contact 111 to tell them you're staying at home.

See below ‘Advice about Staying At Home’.

Urgent Advice: Use the NHS 111 Online Coronavirus service if:

- You feel you cannot cope with your symptoms at home.
- Your condition gets worse.
- Your symptoms do not get better after 7 days.

Only call 111 if you cannot get help online.

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.

How to avoid catching or spreading Coronavirus

Do

- 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 immediately and wash your hands afterwards.
- Try to avoid close contact with people who are unwell.

Don't

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

Treatment for Coronavirus

There is currently no specific treatment for coronavirus.

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 have recovered.

NHS Stay at Home Advice - Coronavirus (COVID-19)

Tips for staying at home

It's important to stay at home to stop coronavirus spreading.

Do

- Try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions.
- Ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them.
- Sleep alone if possible.
- Regularly wash your hands with soap and warm water for at least 20 seconds.
- Try to stay away from older people and those with long-term health conditions.
- Drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms.

Don't

- Do not have visitors (ask people to leave deliveries outside).
- Do not leave the house, for example to go for a walk, to school or public places.

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Yours Sincerely,



Dave Joyce

National Health Safety & Environment Officer