

VIRUS INFORMATION - English

LANGUAGE:

Disclaimer;

This information was taken from the NHS website March 2020 and we do not know if the guidelines have changed since then so individuals should do their own research. We are not doctors or offering our own advice or offering diagnosis, treatments or cures for anything. Always consult the relevant medical specialist to meet your needs. The responsibility is with the reader and individual.

Stay at home to stop coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

Important

These 4 reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

What to do if you need medical help

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the 111 coronavirus service.

If you need help or advice not related to coronavirus:

- for health information and advice, use the NHS website or your GP surgery website
- for urgent medical help, use the NHS 111 online service – only call 111 if you're unable to get help online
- for life-threatening emergencies, call 999 for an ambulance

Read more advice about getting medical help at home.

Pregnancy advice

If you're pregnant and worried about coronavirus, you can get advice about coronavirus and pregnancy from the Royal College of Obstetricians and Gynaecologists.

Coronavirus can make anyone seriously ill. But some people are at a higher risk and need to take extra steps to avoid becoming unwell.

People at increased risk

You may be at increased risk from coronavirus if you:

- are 70 or older
- are pregnant
- have a condition that may increase your risk from coronavirus

Conditions that may increase your risk

How to protect yourself from coronavirus

The advice for people who may be at increased risk from coronavirus is the same as for most other people.

You should only leave the house for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- any medical need, including to donate blood, avoid or escape risk of injury or harm
- travelling for work purposes, but only where you cannot work from home

Pregnancy advice

If you're pregnant and worried about coronavirus, you can get specific advice about coronavirus and pregnancy from the Royal College of Obstetricians and Gynaecologists.

People most at risk

People most at risk from coronavirus are sometimes called "shielded" or "extremely vulnerable" people.

This includes people who:

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition or are taking medicine that makes them much more likely to get infections
- are pregnant and have a serious heart condition

Information:

People most at risk are being contacted by the NHS.

Speak to your GP or care team if you have not been contacted and think you should have been.

How to protect yourself from coronavirus

People most at risk from coronavirus need to take extra steps to avoid getting it. This is known as "shielding".

It's recommended you follow this advice for at least 12 weeks.

People at increased risk

You may be at increased risk from coronavirus if you:

- are 70 or older
- are pregnant
- have a condition that may increase your risk from coronavirus

Conditions that may increase your risk

Do

- stay at home at all times – do not leave your home to buy food, collect medicine
- stay at least 2 metres (3 steps) away from other people in your home as much as possible
- get food and medicine delivered and left outside your door – ask friends and family to help or register to get coronavirus support on GOV.UK if you need it

- prepare a hospital bag, including a list of the medicines you're taking – in case you need to go into hospital
- wash your hands with soap and water often – do this for at least 20 seconds
- make sure anyone who comes into your home washes their hands with soap and water for 20 seconds
- use hand sanitiser gel if soap and water are not available
- clean objects and surfaces you touch often (like door handles, kettles and phones) using your regular cleaning products
- clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched

Don't

- do not have visitors in your home, including friends and family, unless they're providing essential care
- do not stop taking any prescription medicines without speaking to your doctor

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- do not have visitors in your home, including friends and family, unless they're providing essential care
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Self-isolation if you or someone you live with has symptoms-Coronavirus (COVID-19)

Self-isolation helps stop coronavirus spreading

Do not leave your home if you have symptoms of coronavirus (COVID-19) or live with someone who does.

This is called self-isolation.

If you are self-isolating, you must:

- not leave your home for any reason, other than to exercise once a day – but stay at least 2 metres (3 steps) away from other people
- not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home
- not have visitors, such as friends and family, in your home

You can use your garden, if you have one.

Information:

If you're not sure if you need to self-isolate

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the 111 coronavirus service to find out what to do.

How long to self-isolate

If you have symptoms

If you have symptoms of coronavirus, you'll need to self-isolate for 7 days.

After 7 days:

- if you do not have a high temperature, you do not need to self-isolate
- if you still have a high temperature, keep self-isolating until your temperature returns to normal

You do not need to self-isolate if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.

If you live with someone who has symptoms

If you live with someone who has symptoms, you'll need to self-isolate for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear.

If more than 1 person at home has symptoms, self-isolate for 14 days from the day the first person started having symptoms.

If you get symptoms, self-isolate for 7 days from when your symptoms start, even if it means you're self-isolating for longer than 14 days.

If you do not get symptoms, you can stop self-isolating after 14 days.

After self-isolation

You still need to stay at home when you finish self-isolating, but you can go out for essential trips such as buying food.

Read about coronavirus advice for everyone.

Get an isolation note to give to your employer

If you live with someone who has symptoms of coronavirus, you can get an isolation note to send to your employer as proof you need to stay off work.

You do not need to get a note from a GP.

Get an isolation note

Information:

If you have symptoms of coronavirus and need to stay at home, use the 111 coronavirus service to get an isolation note.

If you have symptoms and live with a vulnerable person

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to arrange for them to stay with friends or family for 14 days.

If you have to stay at home together, try to keep 2 metres (3 steps) away from each other. If possible, try not to share a bed.

Reducing the spread of infection in your home

Do

- wash your hands with soap and water often, for at least 20 seconds
- 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
- clean objects and surfaces you touch often (like door handles, kettles and phones) using your regular cleaning products
- clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched

Don't

- do not share towels, including hand towels and tea towels

Information:

Read more advice about self-isolation on [GOV.UK](https://www.gov.uk).

Treating coronavirus symptoms at home

To help yourself stay well while you're at home:

- rest and sleep
- drink plenty of water to avoid dehydration – drink enough so your pee is light yellow and clear

- take paracetamol to lower your temperature

Can I take ibuprofen if I have coronavirus?

What to do if you need medical help while self-isolating

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay 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

Use the 111 coronavirus service

Only call 111 if you cannot get help online.

If you need medical help not related to coronavirus, you may be able to get help online or over the phone.

Do not leave your home if you have coronavirus symptoms

Do not leave your home if you have either:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24

- hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service to find out what to do.

Use the 111 coronavirus service

Information:

Only call 111 if you cannot get help online.

Additional information for shared accommodation

Do not share cigarettes, do not stand or sit in groups, follow the rules provided by your accommodation, it is unfair to risk others by not following the rules and guidelines. Do not go into other people's rooms and stay in your own room unless it is urgent. Do not share phones or anything that goes into the mouth and do not touch others, do not shout or cough on anyone and avoid public spitting.

Volunteer document

This applies to those in shared accommodation.

- Avoid sharing cigarettes as they will contain viral droplets if the person is infected.
- Stand up to 4 metres away just to be sure, as the virus has been found to remain airborne.
- Avoid using the same towels as you can transmit the virus.
- Make sure all cutlery and plates are washed properly before use and DO NOT share them when eating.

- Make sure to wash hands.
- Avoid touching other people's devices, this includes remotes, phones etc.
- Washing hands is pivotal but also wash your face using only soap (liquid soap is fine).
- Do not share bottles (including alcohol and water. This is important, liquors such as Vodka, whiskey and rum DO NOT CONFER PROTECTION from the virus. They contain only 40% alcohol, hand sanitisers contain 70%.
- Do not share needles, evidence is not clear on blood-borne transmissions but it is a possibility, nonetheless, it is still unhealthy.
- Be careful with use sharing foods such as crisps, pizza etc. Make sure to divide after washing hands.
- Be careful using door handles.
- If possible it's best to avoid keeping the window open, especially if you have seasonal allergies like hay fever which could exacerbate the symptoms.
- If you are above 60 or have underlying conditions stay home whenever possible and ask someone to do your essential shopping. Remember, not everyone knows they have an underlying condition.
- It might be best to set up a bathroom rota, to ensure cleanliness.

- Avoid touching your face or biting your nails.

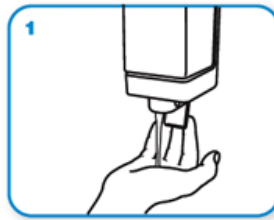
This applies to those in living alone:

- Avoid touching your face or biting your nails.
- Make sure all cutlery and plates are washed properly before use.
- Washing hands is pivotal but also wash your face using only soap (liquid soap is fine).
- If you are above 60 or have underlying conditions stay home whenever possible and ask someone to do your essential shopping. Remember, not everyone knows they have an underlying condition.
- Make sure to keep mentally or physically active, mental health is very important and it is essential when self-isolating alone.

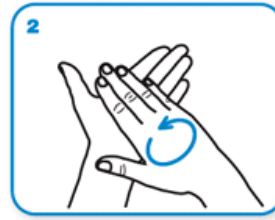
How to wash hands:



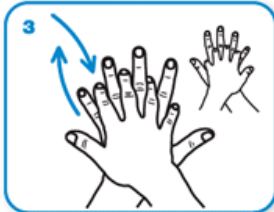
Wet hands with water



apply enough soap to cover all hand surfaces.



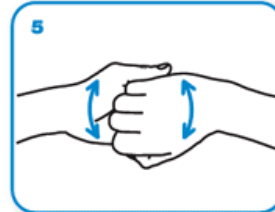
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



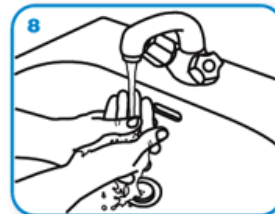
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



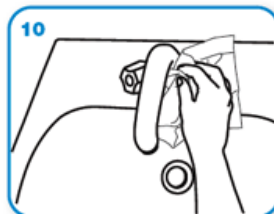
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.