

Coronavirus - Covid19

The NHS has put in place measures to ensure the safety of all patients and NHS staff, while also ensuring services are still available to the public.

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature and/or
- loss or change in sense of smell or taste

For most people, coronavirus (COVID-19) will be a mild infection

Covid-19 Main messages

- if you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for **7 days** from when your symptoms started. (See ending isolation section below for more information) or longer if you still have symptoms other than cough or loss of sense of smell or taste. Your household members should self isolate for **14 days**. *This advice applies to everyone, including health and social care workers.*
- this action will help protect others in your community while you are infectious
- plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your employer, friends and family to help you get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home if possible
- sleep alone, if possible
- wash your hands regularly for 20 seconds, each time using soap and water
- stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible
- you do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, call NHS 111. For a medical emergency dial 999

Like the common cold, coronavirus infection usually occurs through close contact with a person with novel coronavirus via cough, sneezes or hand contact. A person can also be infected by touching contaminated surfaces if they do not wash their hands.

Testing of suspected coronavirus cases is carried out in line with strict regulations. This means that suspected cases are kept in isolation, away from public areas of the hospital and returned home also in isolation. Any equipment that comes into contact with suspected cases is thoroughly cleaned as appropriate.

Specific guidance has also been shared with NHS staff to help safeguard them and others. Patients can be reassured that their safety is a top priority. Therefore your GP may choose to speak to you by telephone instead of asking you to attend the practice.

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

Coronavirus - Covid19

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.

You can find the latest information and advice from Public Health England at Further information is available on <https://www.nhs.uk/conditions/coronavirus-covid-19/>

More information can be found here: <https://patient.info/news-and-features/wuhan-coronavirus-what-you-need-to-know>

Preventing the spread of infection

There are general principles you can follow to help prevent the spread of respiratory viruses, including:

- wash your hands often - with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who are sick
- if you feel unwell, stay at home, do not attend work or school
- cover your cough or sneeze with a tissue, then throw the tissue in a bin. See [Catch it, Bin it, Kill it](#)
- clean and disinfect frequently touched objects and surfaces in the home and work environment
- if you are worried about your symptoms, please call NHS 111. Do not go directly to your GP or other healthcare environment

See [further information](#) and the [Public Health England Blog](#)

There is currently no vaccine to prevent COVID-19 acute respiratory disease. The best way to prevent infection is to avoid being exposed to the virus.
