

Corona Virus & Flu Prevention

Coronavirus

As you may have heard on the news, recently in China, people in the city of Wuhan got contaminated with a novel coronavirus. Coronaviruses are a large family of viruses that are known to cause illness ranging from common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The WHO is continually monitoring developments. Stopping the spread of this virus both in China and globally is WHO's highest priority.



Wuhan coronavirus 2019-nCoV

Symptoms:

- Fever
- Fatigue
- Dry cough
- Shortness of breath
- Respiratory distress



Symptoms

The symptoms of a person who is infected with Coronavirus are like the symptoms of a cold or flu. Common signs include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Should your symptoms cause worry, please seek medical advice via phone call in the first instance.

Some Coronaviruses can be transmitted from person to person, usually after **close contact** with an infected patient, for example, in a household, workplace or health centre. Due to international travel the virus could spread globally.

Coronavirus prevention

-  Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
-  Avoid touching your eyes, nose, and mouth with unwashed hands.
-  Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
-  Avoid close contact with people who are sick.
-  Clean and disinfect frequently touched objects and surfaces.
-  Stay home when you are sick.

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Prevention

Recommendations to prevent infection spread of Coronaviruses do not differ to the recommendations to prevent a regular cold or flu. These include regular hand washing with water and soap, the use of hand sanitiser and covering your mouth and nose when coughing and sneezing.

Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

Please visit the World Health Organisation (WHO) website www.who.int for the latest information regarding the Coronavirus and international travel guidance.

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Advise for individuals travelling back to the UK within the last 14 days

Currently, there are minimal cases outside the listed areas and therefore the likelihood of an individual coming into contact with a confirmed case is extremely low. These staff can continue to attend work unless they have been informed that they have had contact with a confirmed case of COVID-19

If individuals are aware that they have had close contact with a confirmed case of COVID-19 they should contact NHS 111 for further advice.

The latest country information is available on the NaTHNac Travel Pro website using the following link <https://travelhealthpro.org.uk/countries>.



How long can the virus survive?

How long any respiratory virus survives will depend on a number of factors, for example:

- what surface the virus is on
- whether it is exposed to sunlight
- differences in temperature and humidity
- exposure to cleaning products

Under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to have decreased significantly by 72 hours.

We know that similar viruses are transferred to and by people's hands. Therefore, regular hand hygiene and cleaning of frequently touched surfaces will help to reduce the risk of infection.