



## Coronavirus Advice

### What is it?

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people.

### Why is it a concern?

It is the fact that it is a new virus and that it has been transmitted from animals that governments are concerned. It has not been around long enough for us to fully understand how it may mutate and transfer between people and animals. Hence why governments are preparing for 'worst case scenario'. It is good that they are as this is reassuring.

### What are the symptoms?

Common signs of infection 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.

Those most at risk are the very young who don't have a well-developed immune system yet, the very old and those with pre-existing medical conditions that make them more vulnerable to infections. If you are on the annual list of people who are entitled to free flu vaccine, then in theory you may potentially be more at risk.

### Prevention Advice

Your goal is to minimise the risk of us picking up infection from others and us passing anything to others.

So standard basic infection control principles are sufficient. The WHO states 'standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.'

Other measures that can be beneficial include

### Transitional handwashing

This is washing your hands before you leave home and then as soon as you arrive at your destination.

This limits the risk of transferring anything from one environment to another.

Wiping down hard surfaces with multipurpose disinfectant spray before you use them especially if using communal spaces like offices, shared computers and rented treatment rooms.

Wipe down doorknobs of make sure that you open and close the door not your clients.

Avoid shaking hands or if you do have to then use antibac hand gel afterwards.

You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional. However you may wish to call or text your clients before their next appointment if you know they travel a lot for business or pleasure. You can simply ask them to confirm that they have not visited any of the areas that the government has highlighted and that if they have please confirm that they followed self-isolation advice and asymptomatic (not displaying any active cold like symptoms)

Other NHS advice includes

### Do

- ✓ 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
- ✓ wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- ✓ 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

### **Check if you need medical help**

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Use this service if:

- you think you might have coronavirus
- in the last 14 days you've been to a country or area with a high risk of coronavirus – see our [coronavirus advice for travellers](#)
- you've been in close contact with someone with coronavirus

### **Use the 111 coronavirus service**

#### Handwashing technique is key

Hum 2 rounds of Happy Birthday as you wash and use a good handwashing technique. Useful NHS videos here

<https://www.youtube.com/watch?v=bAwS0UsIEDs>

& WHO one here <https://www.youtube.com/watch?v=IisgnbMfKvI>

And common sense is key too.

Remember the only reason the governments are worried about this is that its new and therefore unpredictable. And as viruses can mutate and change quickly they need to be treated with respect and caution.

#### Useful websites

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.who.int/health-topics/coronavirus>

<https://www.gov.uk/government/publications/wn-cov-guidance-for-primary-care/wn-cov-interim-guidance-for-primary-care>