What to do if you suspect or have a confirmed case of coronavirus? (covid-19)

Updated as of 24 March 2020

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

What is 'close contact'?

- the NHS defines it as living in the same house, being in contact with another person's bodily fluids, talking together for longer than a few minutes or being within 6ft of a person for more than 15 minutes.

Do face masks help?

- not really. Experts say masks are better used by infected people to stop them spreading it.
- Masks can raise the risk if people touch their faces more to adjust them.

How can you stop coronaviruses spreading?

If you need to cough or sneeze

Catch it with a tissue

Bin it

Kill it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser

After breaks & sport activities

Before cooking & eating

SCHOOL ETC. **On arrival at any childcare or educational setting**

After using the toilet

Before leaving home

- ✓ Try not to touch your eyes, nose, and mouth with unwashed hands
- ✓ Do not share items that come into contact with your mouth such as cups & bottles
- ✓ If unwell do not share items such as bedding, dishes, pencils & towels

What should you do if you feel unwell?

1. **If you live alone** and you have symptoms of coronavirus illness (covid-19), however mild, **stay at home for 7 days** from when your symptoms started. **If you live with others** and you or one of them have symptoms of coronavirus, then all household members must **stay at home and not leave the house for 14 days**.

2. **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. Testing for coronavirus is not needed if you're staying at home.

3. Use the **NHS 111 online coronavirus service** if you feel you cannot cope with your symptoms at home, your condition gets worse or your symptoms do not get better after 7 days. **Only call 111 if you cannot get help online.**

4. If you will be staying home for 7 days or have a confirmed case of covid-19 **let your recruitment consultant know straight away.**