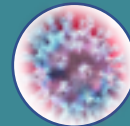


CORONAVIRUS (COVID-19) INFORMATION FOR HIGH RISK GROUPS

19 March 2020



WHAT IS CORONAVIRUS?

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus. As with all viral infections, different people will be affected differently. Some people will have mild (maybe no) symptoms, some will feel poorly and for some people it will be serious.

Coronavirus presents a higher risk to

- older people, particularly those over 70
- people with other (underlying) health conditions
- people who are pregnant

WHAT SHOULD I DO?

You must be more careful. This means:

- Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19)
- Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
- Work from home, where possible. Your employer should support you to do this.
- Avoid gatherings including pubs, cinemas, restaurants, theatres, bars, clubs
- Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
- Use telephone or online services to contact your GP or other essential services
- Wash your hands more often - with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with people who have symptoms
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands
- Clean and disinfect frequently touched objects and surfaces in the home

WHAT ARE THE SIGNS AND SYMPTOMS OF CORONAVIRUS?

- A new, persistent cough that won't go away
- A fever or high temperature – over 37.8

IF YOU THINK YOU HAVE SYMPTOMS OF CORONAVIRUS SELF-ISOLATE. IF SYMPTOMS BECOME UNMANAGEABLE CALL 111.