

Coronavirus Covid 19

In line with Government and medical advice, we all must do everything we can to prevent the spread of this disease. Please adhere to the following advice and to keep up to date please go to:

<https://www.gov.uk/government/publications/coronavirus-action-plan/coronavirus-action-plan-a-guide-to-what-you-can-expect-across-the-uk>

How to avoid catching or spreading germs

There are things you can do to help stop viruses like coronavirus spreading.

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 – Please go to <https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-travellers/>
- you've been in close contact with someone with coronavirus

Do not go to a GP surgery, pharmacy or hospital. Call 111 if you need to speak to someone.

How to self-isolate if you're asked to

If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate).

This means you should:

- stay at home
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food

You may need to do this for up to 14 days to help reduce the possible spread of infection.