

No. 098/2020

2 March 2020

Our Ref: E1/20

**To: All Branches**

Dear Colleagues,

**Coronavirus Update - Thirteen More Cases Confirmed, Taking UK Total to 36 and NHS Advice:**

Over the weekend twelve more people in England and one in Scotland have tested positive for Coronavirus, taking the total number of UK cases to 36.

Scotland confirmed that its first patient was a Tayside resident who recently returned from Italy.

Three of the new cases in England were linked to a man from Surrey, who was the first to be infected within the UK.

It comes after Health Secretary Matt Hancock said the UK was still in the "containment" phase of the outbreak.

He said the government contingency plans, which will be published this week, included banning big events.

The Scottish government confirmed its first case on Sunday evening. It said the patient was receiving treatment in isolation in hospital.

Three of the new cases revealed on Sunday were close contacts of the man from Surrey, who was announced as testing positive on Friday.

They included another person from Surrey and two people from West Sussex who were all "part of an adult family cluster", Public Health England said.

Another new case from Essex had "no relevant travel" and it was unclear at this stage how that person had contracted the virus.

The remaining eight had visited affected areas - six to Italy, and two to Iran. They were from London, West Yorkshire, Greater Manchester, Hertfordshire and Gloucestershire, and included:

- One person from Bury, who had become infected in Italy.

- Two Leeds residents, who had both been in Iran
- One person from Bradford, who had travelled to Italy
- Someone from Gloucestershire - infected in northern Italy - who is linked to another case from the area announced on Saturday

Prof Chris Whitty, the chief medical officer, said all of the newly identified cases were being investigated and health officials had begun tracing anyone who had close contact with them.

As of 09:00 am on Sunday morning, the Department of Health said a total of 11,750 people had been tested in the UK.

The latest positive tests come after three more cases were confirmed in England on Saturday.

One of those was a member of staff at St. Mary's School in Tetbury, Gloucestershire, the primary school said on Sunday.

That follows another school - Willow Bank Infant School in Woodley, Berkshire - confirming that one of its staff had been infected.

The government has said no tactics will be "off the table" as part of its plan to contain the virus in the UK.

Health Minister Matt Hancock stated that an emergency "battle plan", drawn up for the "worst case scenario", includes banning big events, closing schools and dissuading people from using public transport.

The health secretary said there were four phases to the plan:

- **Containment** - caring for any infected people and identifying their close contacts
- **Delay** - deciding what actions to take to slow down the spread
- **Mitigation** - damage limitation if the virus spreads widely
- **Research** - constant and ongoing work to inform the three other phases

Currently, the UK is in the "containment" phase - which health leaders say may still be sufficient.

But the next phase could see broader "social distancing" measures.

The weekend saw the biggest increase in a single day announced, with 12 more people testing positive for the Coronavirus following which the Minister set out possible government plans to tackle an accelerated spread of the virus around the UK if that happens.

School closures, cancellations of major public events and moves to persuade people to work at home are clearly options being actively considered.

The strategy seems to be to warn that difficult measures may be needed while focusing on trying to contain the spread of the virus.

The Government remains confident that the NHS would be able to cope with an outbreak.

More than 200 British holidaymakers locked down at a quarantined hotel in Tenerife have been told they will be allowed to fly home, if they test negative for the virus.

The travellers have been quarantined at the Costa Adeje Palace hotel (Tenerife, Spain) since Tuesday after four Italians contracted the virus. Some have already been allowed to leave but others are awaiting test results.

The Foreign Office is in contact with operators and travel agents about their plans to return Britons to the UK.

Globally, around 86,000 people have been infected, with cases in more than 50 countries. About 3,000 people have died - the vast majority in China's Hubei province, where the outbreak originated in December.

Previous LTBS on Coronavirus 033/20, 043/20, 054/20, 063/20, 071/20, 080/20, 093/20, 094/20 and 096/20.

Latest NHS Advice and Q&As Attached

Yours sincerely



**Dave Joyce**  
**National Health, Safety & Environment Officer**



## Overview - Coronavirus (COVID-19)

### What is Coronavirus

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

### What are the Coronavirus symptoms?

It seems to start with a fever, followed by a dry cough.

After a week, it leads to shortness of breath and some patients require hospital treatment.

The incubation period - between infection and showing any symptoms - lasts up to 14 days, according to the World Health Organization (WHO).

But some researchers say it may be as long as 24 days.

And Chinese scientists say some people may be infectious even before their symptoms appear.

### How deadly is the coronavirus?

Based on data from 44,000 patients with this coronavirus, the WHO says:

- 81% develop mild symptoms
- 14% develop severe symptoms
- 5% become critically ill

The proportion dying from the disease, Coronavirus Covid-19, appears low (between 1% and 2%) - but the figures are unreliable.

Thousands are still being treated but may go on to die - so the death rate could be higher. But it is also unclear how many mild cases remain unreported - so the death rate could also be lower.

To put this into context, about one billion people catch influenza every year, with between 290,000 and 650,000 deaths. The severity of flu changes every year.

### Can coronavirus be treated or cured?

Right now, treatment relies on the basics - keeping the patient's body going, including breathing support, until their immune system can fight off the virus.

However, the work to develop a vaccine is under way and it is hoped there will be human trials before the end of the year.

Hospitals are also testing anti-viral drugs to see if they have an impact.

## **How can I protect myself?**

- Wash Hands Frequently with Soap and Water or Use Sanitiser Gel.
- Catch coughs and sneezes with disposable tissues.
- Throw away used tissues and wash hands.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.

## **What Should I do to Prevent Catching and Spreading The Virus?**

### **What is the advice in the UK?**

Anyone experiencing symptoms, even if mild, after travelling from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days, is advised to stay indoors and call the NHS 111 phone service.

If you have returned from the specific areas (see listed below) since February 19, you should call NHS 111 and stay indoors and avoid contact with other people even if you do not have symptoms:

### **What's the risk of coronavirus in the UK?**

The UK Chief Medical Officers have raised the risk to the public from low to moderate.

Health professionals are working to contact anyone who has been in close contact with people who have coronavirus.

### **What's the risk of coronavirus for travellers?**

There are some countries and areas where there's a higher chance of coming into contact with someone with coronavirus.

See [coronavirus advice for travellers](#).

### **What are the Symptoms of coronavirus?**

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

But these symptoms do not necessarily mean you have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

## **How is coronavirus spread?**

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food. Viruses like coronavirus cannot live outside the body for very long.

## **Do I need to avoid public places?**

Most people can continue to go to work, school and other public places.

You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

## **How do I 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
- Do put used tissues in the bin immediately
- Do wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- Do try to avoid close contact with people who are unwell
- Don't touch your eyes, nose or mouth if your hands are not clean

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

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

Use the 111 Coronavirus service if:

- you think you might have coronavirus
- you've recently 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

Further Information:

Do not go to a GP surgery, pharmacy or hospital. Call [111](#) if you need to speak to someone.

Getting help in Scotland, Wales or Northern Ireland

- **Scotland:** call your GP surgery or call [111](#) if your surgery is not open
- **Wales:** call [111](#) (if available in your area) or call [0845 46 47](#)
- **Northern Ireland:** call [0300 200 7885](#)

## 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.

## Treatment for coronavirus?

- There is currently no specific treatment for coronavirus.
- Antibiotics do not help, as they do not work against viruses.
- Treatment aims to relieve the symptoms while your body fights the illness.
- You'll need to stay in isolation away from other people until you've recovered.

## Advice for travellers - Coronavirus (COVID-19)

There are some countries and areas where there's a higher chance of coming into contact with someone with coronavirus.

## Advice for people travelling abroad

If you're planning to travel abroad and are concerned about coronavirus, check the [country by country travel advice on GOV.UK](#).

## **Advice for people returning to the UK and travellers to the UK**

You may need to get medical advice if you've recently travelled to the UK from somewhere with a higher risk of coronavirus.

These places are:

- Cambodia
- China
- Hong Kong
- Iran
- Italy – only northern Italy (anywhere north of Pisa, Florence and Rimini)
- Japan
- Laos
- Macau
- Malaysia
- Myanmar (Burma)
- Singapore
- South Korea
- Taiwan
- Tenerife – only the H10 Costa Adeje Palace Hotel
- Thailand
- Vietnam

If you've been to one of these places in the last 14 days, find out what to do using the NHS 111 online coronavirus service.

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

#### **Further Information:**

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

#### **Getting help in Scotland, Wales or Northern Ireland**

- **Scotland:** call your GP surgery or call 111 if your surgery is not open
- **Wales:** call 111 (if available in your area) or call 0845 46 47
- **Northern Ireland:** call 0300 200 7885

## **Common Questions & Answers - Coronavirus (COVID-19)**

## Advice for you and your family

### Could my symptoms be coronavirus?

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

It's very unlikely to be coronavirus if:

- you have not been in close contact with someone with confirmed coronavirus
- you have not been to mainland China, Thailand, Japan, South Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days
- you have not been to Iran, northern Italy, Vietnam, Cambodia, Laos or Myanmar since 19 February 2020

Call 111 In Northern Ireland, call 0300 200 7885) if you think you might have coronavirus.

### I think I may have come into contact with someone who has coronavirus, what should I do?

Health professionals are working to contact anyone who has been in close contact with people who have coronavirus.

But call 111 (In Northern Ireland, call 0300 200 7885) for advice if you think you've been in close contact with someone with confirmed coronavirus.

### Someone at my or my child's nursery, school, university or work has just returned from China or another affected area, what should I do?

You only need to stay away from school, work or university if you have been:

- to Hubei province in China in the last 14 days
- to Iran, areas of northern Italy in lockdown or "special care zone" areas in South Korea since 19 February
- to other parts of mainland China, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath
- to other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Vietnam, Cambodia, Laos or Myanmar since 19 February and have a cough, high temperature or shortness of breath
- in close contact with someone with confirmed coronavirus

Otherwise, you should continue to go to school, university and work as normal.

***Lockdown areas in northern Italy:***

- in Lombardy: Codogno, Castiglione d'Adda, Casalpusterlengo, Fombio, Maleo, Somaglia, Bertinico, Terranova dei Passerini, Castelgerundo and San Fiorano
- in Veneto: Vo' Euganeo

***Special care zones in South Korea***

- Daegu
- Cheongdo

A member of my family has just returned from China or another affected area. Should other people in the household stay away from work or school?

**Call 111 now** (In Northern Ireland, call **0300 200 7885**) **if someone you live with has been:**

- to Hubei province in China in the last 14 days
- to Iran, areas of northern Italy in lockdown or "special care zone" areas in South Korea since 19 February
- to other parts of mainland China, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath
- to other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Vietnam, Cambodia, Laos or Myanmar since 19 February and have a cough, high temperature or shortness of breath
- in close contact with someone with confirmed coronavirus

Otherwise, you should continue to go to work or school as normal.

***Lockdown areas in northern Italy:***

- in Lombardy: Codogno, Castiglione d'Adda, Casalpusterlengo, Fombio, Maleo, Somaglia, Bertinico, Terranova dei Passerini, Castelgerundo and San Fiorano
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I'm pregnant and may have come into contact with people who have travelled to countries that may include China or other affected areas, what should I do?

Although viruses like coronavirus can sometimes cause more severe symptoms if you're pregnant, your risk of getting it in the UK is low.

Make sure you follow simple hygiene measures to stop viruses like coronavirus spreading, such as washing your hands with soap and water often, and avoiding people who are unwell.

Call 111 for advice if you've been in close contact with someone with confirmed coronavirus.

If you're not sure if you've been in close contact with someone with coronavirus and you're worried about yourself or your baby, speak to your midwife or GP for advice.

**My relative is in a care home that has staff who may have travelled to China or other affected areas, are they at risk?**

The risk of carers, residents and relatives getting coronavirus in the UK is low.

Simple hygiene measures like washing hands with soap and water regularly, and avoiding people who are unwell, can help stop viruses like coronavirus spreading.

There is no need for carers to be off work, unless they have been:

- to Hubei province in China in the last 14 days
- to Iran, areas of northern Italy in lockdown or "special care zone" areas in South Korea since 19 February
- to other parts of mainland China, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath
- to other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Vietnam, Cambodia, Laos or Myanmar since 19 February and have a cough, high temperature or shortness of breath
- in close contact with someone with confirmed coronavirus

Otherwise, you should continue to go to work or school as normal.

***Lockdown areas in northern Italy:***

- in Lombardy: Codogno, Castiglione d'Adda, Casalpusterlengo, Fombio, Maleo, Somaglia, Bertonico, Terranova dei Passerini, Castelgerundo and San Fiorano
- in Veneto: Vo' Euganeo

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**Does the new coronavirus only affect older people, or can younger people also get it?**

People of all ages can get coronavirus. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) are more likely to become severely ill with the virus.

People of all ages should follow simple measures to stop viruses like coronavirus spreading, for example by washing their hands often with soap and water.

## **How it's caught and spread**

### **Can I get coronavirus from mail and parcels from China or other affected areas?**

There is currently no evidence that you can catch coronavirus from parcels and letters. Viruses like coronavirus cannot live for very long outside the body.

### **Can I get coronavirus from food or takeaways?**

There is currently no evidence that you can catch coronavirus from food. Viruses like coronavirus cannot live for very long outside the body.

But it's always a good idea to wash your hands in soap and water or use hand sanitiser gel before you prepare or eat food.

### **Can pets spread coronavirus?**

There is currently no evidence that companion animals or pets can be infected with the COVID-19 coronavirus.

But it's always a good idea to wash your hands with soap and water after contact with pets.

This can help protect you against common infections that can pass between pets and humans.

### **What does "close contact with someone with a confirmed case of coronavirus" mean?**

A confirmed case of coronavirus means someone who has been tested and found to have coronavirus.

Close contact with a confirmed case means:

- living in the same house
- contact with their body fluids
- face-to-face contact, for example talking for more than a few minutes
- being coughed on
- being within 2 metres of the person for more than 15 minutes

## **Prevention**

## **Are face masks useful for preventing coronavirus?**

Face masks play a very important role in places like hospitals, but there is very little evidence of widespread benefit for members of the public.

## **Do I need to avoid public transport, mass gatherings, festivals, concerts or places with crowds?**

The only people who need to stay away from public places are people who have been:

- to Hubei province in China in the last 14 days
- to Iran, areas of northern Italy in lockdown or "special care zone" areas in South Korea since 19 February
- to other parts of mainland China, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath
- to other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Vietnam, Cambodia, Laos or Myanmar since 19 February and have a cough, high temperature or shortness of breath
- in close contact with someone with confirmed coronavirus

Otherwise, you should continue to go to work or school as normal.

### ***Lockdown areas in northern Italy:***

- in Lombardy: Codogno, Castiglione d'Adda, Casalpusterlengo, Fombio, Maleo, Somaglia, Bertinico, Terranova dei Passerini, Castelgerundo and San Fiorano
- in Veneto: Vo' Euganeo

### ***Special care zones in South Korea***

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## **Is there a vaccine for coronavirus?**

There is currently no vaccine for the COVID-19 coronavirus. The virus is so new and different that it needs its own vaccine.

Simple hygiene measures like washing your hands with soap and water often, and avoiding people who are unwell, can help stop viruses like coronavirus spreading.

## **Do vaccines against pneumonia protect against coronavirus?**

The COVID-19 coronavirus is so new and different that it needs its own vaccine.

Although the pneumococcal (pneumonia) vaccine is not effective against coronavirus, it is still recommended that you have it if offered to you because it can protect against other illnesses.

### **Can rinsing your nose with salt water (saline) help prevent coronavirus?**

There is no evidence that regularly rinsing the nose with salt water (saline) protects you from coronavirus.

There is some limited evidence that regularly rinsing your nose with saline can help people recover more quickly from the common cold. But regularly rinsing the nose has not been shown to prevent respiratory infections.

## **Self-isolation**

### **How should I isolate myself if I think I might have coronavirus?**

If there's a chance you could have coronavirus, call 111 In Northern Ireland, call 0300 200 7885 and isolate yourself from other people.

This means you should:

- stay at home
- not go to work, school or public areas
- not use public transport or taxis
- ask friends, family members or delivery services to carry out 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.

### **What should I do if I become unwell with possible coronavirus while I'm out and about?**

**Do not go to a GP surgery or hospital.**

#### ***If you become unwell in a public place:***

1. Try to find a room to isolate yourself away from others. Ask for help if you need to, but try to stay at least 2 metres away from other people.
2. Open a window for ventilation if you can, but otherwise touch objects and surfaces as little as possible.
3. Call 111 for advice.

#### ***If you become unwell on public transport:***

1. Go back to your home or place of residence immediately.

2. Try to avoid close contact with other people and touch objects and surfaces as little as possible.
3. Call 111 for advice. In Northern Ireland, call [0300 200 7885](tel:03002007885).

## Testing and treatment

### What will happen if a health professional thinks I could have coronavirus?

If you could have coronavirus, 111 (In Northern Ireland, call [0300 200 7885](tel:03002007885)) it will notify your local health protection team and direct you to your most appropriate testing location.

The health protection team will take some samples to test for coronavirus. This may include samples of:

- mucus from your nose, throat or lungs
- blood
- poo (stool sample).

You may be isolated from other people until it's confirmed if you do or do not have coronavirus.

### Can I get tested if I think I have coronavirus?

You only need to be tested for coronavirus if you have been:

- to Hubei province in China in the last 14 days
- to Iran, areas of northern Italy in lockdown or "special care zone" areas in South Korea since 19 February
- to other parts of mainland China, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath
- to other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Vietnam, Cambodia, Laos or Myanmar since 19 February and have a cough, high temperature or shortness of breath
- in close contact with someone with confirmed coronavirus

**In these cases, call 111 for advice (In Northern Ireland, call [0300 200 7885](tel:03002007885)) about what to do.**

### ***Lockdown areas in northern Italy:***

- in Lombardy: Codogno, Castiglione d'Adda, Casalpusterlengo, Fombio, Maleo, Somaglia, Bertinico, Terranova dei Passerini, Castelgerundo and San Fiorano
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### ***Special care zones in South Korea***

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### **Can antibiotics treat or prevent coronavirus?**

Antibiotics do not work against coronavirus, as they work against bacteria and coronavirus is a virus.

But antibiotics may be given to some people with coronavirus because there's a risk the virus may make them more likely to get a bacterial infection as well.

### **Are there any medicines to prevent or treat the new coronavirus?**

There is currently no specific medicine to prevent or treat the COVID-19 coronavirus, but there are treatments to relieve the symptoms while your body fights the illness.

### **How effective are thermal scanners in detecting people infected with coronavirus?**

Thermal scanners are effective in detecting people with a high temperature that could be caused by coronavirus. But they cannot detect people with coronavirus who do not have a high temperature.

## **Foreign travel**

**I've recently travelled to a country that has cases of coronavirus, what should I do?**

**Urgent advice: Call 111 now (In Northern Ireland, call 0300 200 7885).**

***if you've been:***

- to Hubei province in China in the last 14 days
- to Iran, areas of northern Italy in lockdown or "special care zone" areas in South Korea since 19 February
- to other parts of mainland China or South Korea, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath
- to other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Vietnam, Cambodia, Laos or Myanmar since 19 February and have a cough, high temperature or shortness of breath

Lockdown areas in northern Italy

- in Lombardy: Codogno, Castiglione d'Adda, Casalpusterlengo, Fombio, Maleo, Somaglia, Bertinico, Terranova dei Passerini, Castelgerundo and San Fiorano
- in Veneto: Vo' Euganeo

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### **Information:**

At the moment there have been minimal cases of coronavirus outside of the areas listed here.

If you have visited a country that is not listed here, you do not need to take any extra precautions at this time.

**I am about to travel abroad, where can I get the most up-to-date travel advice?**

For the latest advice about travelling abroad, go to **[GOV.UK: foreign travel advice](#)**.