

Coronavirus (Covid - 19) Key Points Advice From Brian Coupland USR NW BT Unions H&S Co-ord

Covid-19 Symptoms:

A cough, high temperature and shortness of breath, similar to cold and flu

If you think you have the virus, self-isolate and call 111 for advice

Should we be worried?

In the UK we have moved from the containment to delay stage to slow the spread. The WHO (World Health Organisation) say it is still containable - don't panic!

How to minimise spread of infection

There are simple things we can do to minimise the risk - wash hands frequently, avoid touching surfaces, wash on arrival at work, returning home, before meal times and avoid touching eyes, ear or nose.

Who are susceptible?

Older people and ones with underlying health issues - 4 in 5 will have milder symptoms - it can take up to 5 days to show

Best Practice

Wash hands regularly with soap and water or alcohol rub if unavailable. If possible sneeze into paper tissues and dispose of immediately - if not use the crook of the arm.

Hand-washing

Roll up the sleeves, scrub all areas including the nails and between fingers and under jewellery. Turn off tap with a dry paper towel and discard immediately.

If unsure, watch available videos how to thoroughly wash hands

<https://www.nhs.uk/video/pages/how-to-wash-hands.aspx>

Myths - masks are unnecessary - incorrect use can make matters worse

About Coronavirus

it is suspected the virus spreads through water droplets from the mouth or nose. The virus can remain on surfaces for up to 72 hours

Coronavirus (COVID-19): latest information and advice for the public on the outbreak of coronavirus, including the current situation in the UK and information, can be found on the Government's website: **<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public#number-of-cases>**

Coronavirus (COVID-19): latest information and advice on the Unionsafety website, including current number of infected people: **<https://www.unionsafety.eu>**