

Coronavirus CoVID-19 stops with you

Issued 13/3/2020.

Coronavirus stops with you!

1.



**Use tissues to catch germs ; Use bins to dispose of tissues ;
Use hand wipes, gel or warm soapy water to clean your hands**

2



- Use disinfectant wipes regularly to clean your desk equipment, shared equipment, touch points, welfare areas and canteens

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3. Have you returned to the UK in the last 14 days from:

- A Category 1 country/area:	
<ul style="list-style-type: none"> • Wuhan city and Hubei Province (China) 	<ul style="list-style-type: none"> • Daegu or Cheongdo (Republic of Korea)
<ul style="list-style-type: none"> • Iran 	<ul style="list-style-type: none"> • Any Italian town under containment measures
<p>- If so, you should:</p> <p><input type="checkbox"/> self-isolate, even if you have no symptoms</p> <p>and</p> <p><input type="checkbox"/> call NHS on 111 to inform them of the details of your recent travel</p> <p>and</p>	
<p>Do not go to a GP surgery, pharmacy or hospital. Call 111, stay indoors and avoid close contact with other people</p>	
<p> </p>	

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3. Have you returned to the UK in the last 14 days from:

A Category 2 country/area:

• Cambodia	• Laos	• Singapore
• China*	• Macau	• Taiwan
• Hong Kong	• Malaysia	• Thailand
• Italy: north*	• Myanmar	• Vietnam
• Japan	• Republic of Korea*	

*Except areas of the country specifically referred to in Category 1.

If so, you do not need to undertake any special measures, but if you develop symptoms*, you should :

- 1) self-isolate**
- and**
- 2) call NHS on 111**
- and**
- 3) inform your line manager on the first day of your absence**

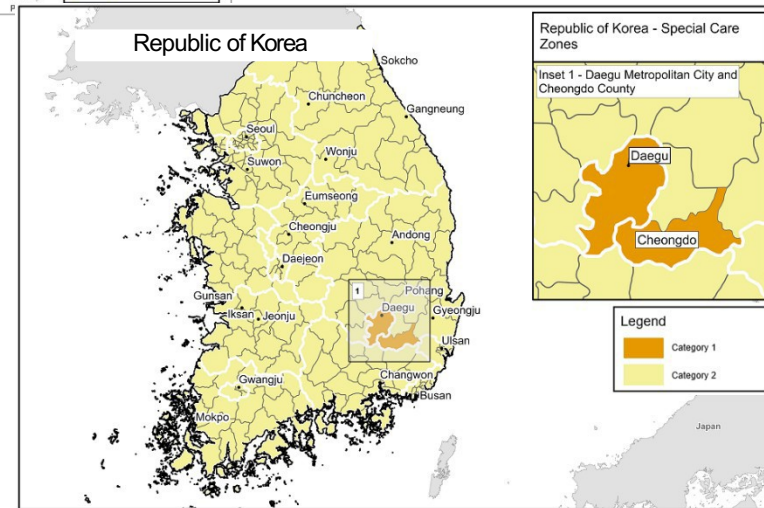
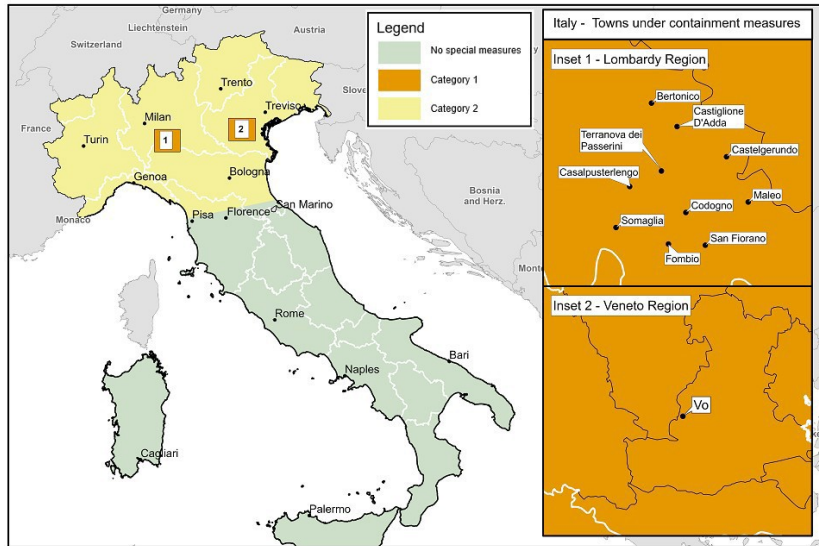
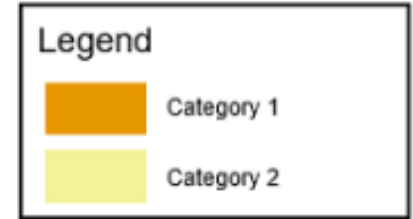
***Symptoms of coronavirus**

- a cough
- a high temperature
- shortness of breath

Do not go to a GP surgery, pharmacy or hospital. Call [111](tel:111), stay indoors and avoid close contact with other people

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3.



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3. I have not returned from travel but I am feeling unwell

- Call NHS 111 for advice
- Inform your line manager on first day of absence, and each subsequent day you are absent

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

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4. Further information

UK Government Coronavirus (COVID-19): latest information and advice: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Guidance

Advice sheet – home isolation

Updated 31 January 2020



<https://bit.ly/2wTMND5>

NHS Overview:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

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5. Summary

Returned from a Category 1 country/area:

- self-isolate and call 111

Returned from a Category 2 country/area and have symptoms:

- self-isolate and call 111

Not returned from travel in last 14 days, but feel unwell:

- call 111 for advice

Do not go to a GP surgery, pharmacy or hospital. Call [111](#), stay indoors and avoid close contact with other people



THANK YOU

Any Questions?