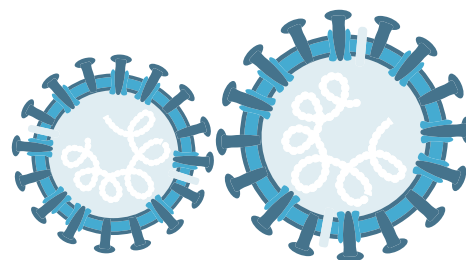


# Coronavirus – Know the Facts & Be Prepared

## WHAT IS IT?

The Coronavirus (COVID-19) is a new respiratory illness that has not previously been seen in humans.



## KEY SYMPTOMS



### FEVER

A high temperature (38 degrees Celsius or higher)



### COUGHING



### SHORTNESS OF BREATH

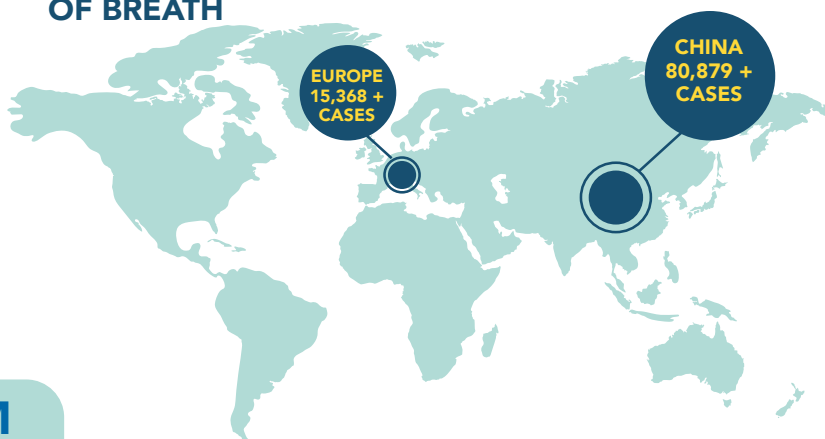
## HOW IS IT SPREAD?

The Coronavirus is spread by coming into close contact with someone who has the virus. It can be spread by coughing and/or sneezing. You could also get it if you touch surfaces that have droplets of the virus on them.

## CURRENT SITUATION

(11/03/2020)

As of right now, there are 373 confirmed cases of the coronavirus in the UK and 34 in Ireland. The winter flu is still in circulation so it is important for the public not to confuse it with the coronavirus.



## CURRENT ADVICE FROM HEALTH ORGANISATIONS

Phone your **GP** or **Emergency Services**:

- if you've been to one of the following affected areas in the past 14 days; China, Hong Kong, Singapore, South Korea, Iran, Japan or Italy
- if you have a cough, high temperature or shortness of breath (even if it's mild)
- if you've been in close contact with someone with confirmed coronavirus

## PREVENTION IS KEY

Here are some simple things you can do to protect yourself from getting coronavirus:



Wash your hands properly and regularly with soap and water or an alcohol-based hand rub like Medicare Hand Sanitizer



Cover your mouth and nose with a tissue when you cough and sneeze



Clean home and work surfaces with sanitising wipes/sprays



Follow the travel advice from the official authorities



Ask any of our staff to help you choose the best infection control products for you and your family.