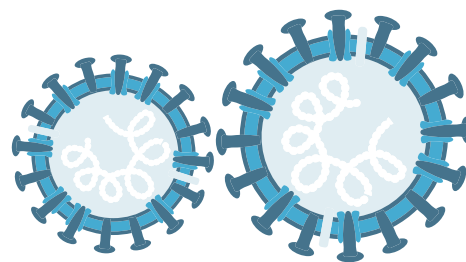


Coronavirus – Know the Facts & Be Prepared

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

(02/03/2020)

As of right now, there are 40 confirmed cases of the coronavirus in the UK and one 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 have been:

- to Wuhan or Hubei Province in China in the last 14 days (even if you do not have symptoms)
- to other parts of mainland China in the last 14 days and have a cough, high temperature or shortness of breath (even if it's mild)
- to Thailand, Japan, South Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath (even if it's mild)
- 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 NHS



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