

Guidelines to prevent the transmission of coronavirus (COVID-19)

WHAT IS COVID-19?

COVID-19 is a new illness that affects the lungs and airways. It is caused by the SARS-CoV-2 coronavirus, which is transmitted person to person.

COVID-19 spreads easily and quickly in humans. We are all susceptible to catching it as we have no natural immunity.

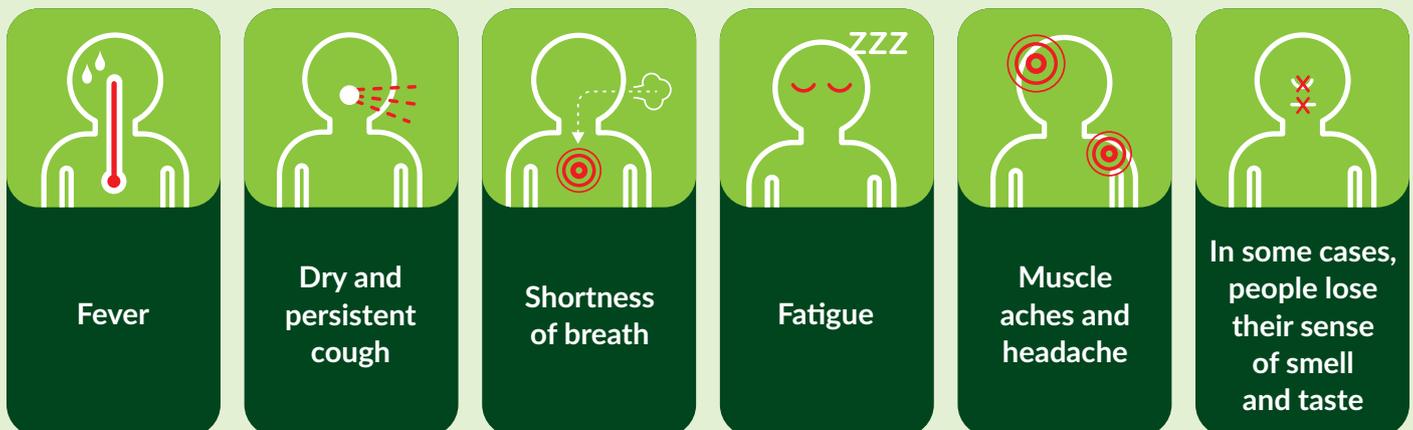
WHAT IS THE RISK OF CATCHING COVID-19?

Since there is currently no vaccine for COVID-19, the only way to stop transmission is by people changing their behaviour. This means improved personal hygiene, avoiding crowds and adopting social (physical) distancing.

HOW DO I KNOW IF I HAVE COVID-19?

People with COVID-19 experience mild to severe respiratory illness that can last for several weeks.

Signs and symptoms can include:



These symptoms are common to MANY other infections and diseases.

The only way you know for sure that you have coronavirus is by receiving a positive test result.

Even if you have had the virus and have fully recovered, you **MUST** continue to follow social distancing guidelines.

WHAT SHOULD I DO IF I HAVE ANY SYMPTOMS?

Anyone showing symptoms of COVID-19 must:



Stay at home



Isolate for at least 14 days



Wash your hands regularly with soap and water



Clean and disinfect the objects and surfaces you touch



Be careful to limit contact with household members

If symptoms persist or you are feeling worse, please call your local health service for more advice.

HOW CAN I CATCH THE VIRUS?

You can catch the virus by:

Inhaling droplets released when an infected person sneezes or coughs



Touching contaminated surfaces and then touching your face



Close contact with infected people



HOW SERIOUS IS COVID-19?

Around 75–80% of people with the disease only have mild symptoms, and 95% of people who have been sick with the disease recover.

However, a small proportion of patients have to be hospitalised and some, tragically, may die.

WHO IS MOST AT RISK?

People over 70

People with existing lung or heart problems

People with any underlying immune system problems

People who are overweight

People with diabetes

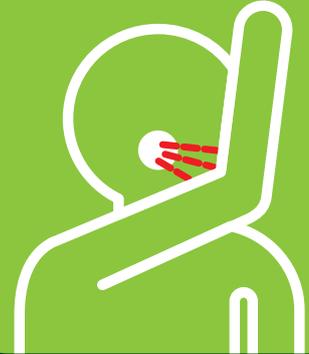
HOW CAN I REDUCE THE RISK OF COVID-19 AND PROTECT OTHERS?



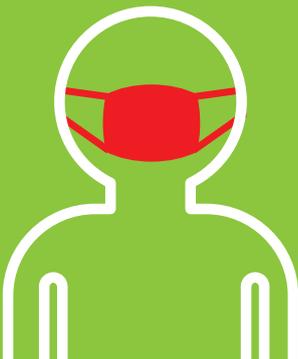
Wash your hands regularly with soap and water



Avoid touching your eyes, nose and mouth



Cough or sneeze into your elbow, or into a tissue which should then be safely discarded



Wear a face mask or covering at all times when stepping outside



Regularly clean and disinfect the objects and surfaces you touch



1m

Maintain social distancing – keep at least 1 m distance between yourself and other people

BUSINESSES AND WORKPLACES SHOULD:



Encourage employees to **work at home**, wherever possible



Follow strict social distancing recommendations – keeping staff **1 metre apart**, wherever possible



Send home anyone who becomes unwell in the workplace with a **new, continuous cough** or a **high temperature**, and advise them to follow the advice to **stay at home**



Remind employees to **wash their hands** more frequently, for **20 seconds**, and cough or sneeze into their elbow or a tissue



Frequently **clean and disinfect objects** in contact with customers using standard cleaning products



Strongly advise and support employees from defined **vulnerable groups** (i.e. those with underlying health conditions) to stay at home and work from there if possible

REMEMBER

Stay home if you are sick



Avoid crowds



Cover coughs and sneezes



Wash your hands often



Clean used surfaces frequently



Stay safe and keep healthy



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