

Update: Coronavirus

27 January 2020

To help prevent a coronavirus infection, do the same things you do to avoid the common cold.

Public Health England (PHE) is aware of the outbreak of Wuhan Novel Coronavirus in Wuhan City, China, and has offered the following information and advice.

Currently, there is no vaccination for coronavirus but the risk to the UK population is low. This is based on the latest information and analysis by the World Health Organization (WHO). There has not been any confirmed cases of Wuhan Novel Coronavirus in the UK.

There is evidence of limited human to human transmission of the virus. However, The Department of Health and Social Care (DHSC) issued clinical guidance for the detection and diagnosis of Coronavirus and PHE has developed a diagnostic test which means that the UK is one of the first countries outside China to have a specific laboratory test for this disease.

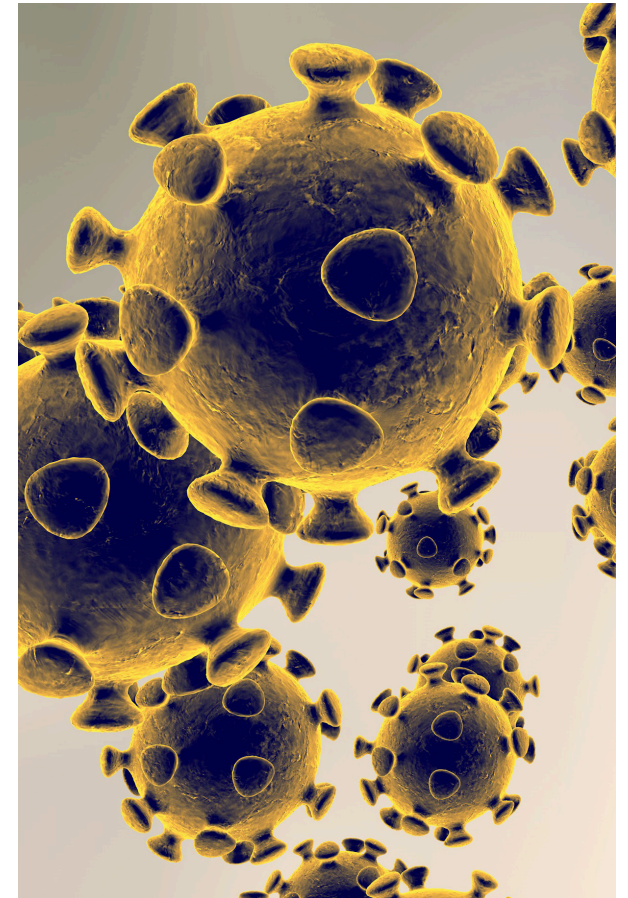
What is a Coronavirus?

Coronaviruses are a group of viruses that cause respiratory infections in humans that are typically mild. Most coronaviruses spread the same way other cold-causing viruses do: through infected people coughing and sneezing, by touching an infected person's hands or face, or by touching things such as door handles that infected people have also touched.

Common Symptoms of Coronavirus

Coronaviruses typically cause mild upper respiratory infection and this can include a runny nose, coughing, a sore throat, and sometimes a fever. In most cases, you won't know whether you have a coronavirus or a common cold.

However, vulnerable individuals such as the elderly, people with heart disease, lung disease or weakened immune systems must be cautious because if the infection spreads to the lower respiratory tract (your windpipe and lungs) it can cause pneumonia and in extreme cases can be fatal.



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Preventing Coronavirus

- There is no vaccine for coronavirus
- To help prevent a coronavirus infection, do the same things you do to avoid the common cold:
- Catch coughs or sneezes in tissues and bin them immediately
- Wash your hands thoroughly with soap and warm water or with an alcohol-based hand sanitizer
- Keep your hands and fingers away from your eyes, nose and mouth
- Clean surfaces regularly
- Avoid close contact with people who are infected

Treating Coronavirus

Treatment is the same as a common cold and should include:

- Rest and sleep
- Keeping warm
- Staying hydrated
- Taking over the counter medication for sore throats and fever
- Symptoms should resolve in a few days

Where is the virus and is it safe to travel to those countries affected?

2,744 cases and 80 fatalities have been officially reported by the Chinese National Health Commission. Eight cases have also been identified in Thailand, South Korea, Taiwan, Japan, the US, and, most recently, Singapore.

Wuhan is situated in Hubei province, China and is believed to be the source of the current outbreak, with a population of 11 million, it has been placed on lockdown and all transport has been shut down in an attempt to quarantine the new virus. Attempts are being made to evacuate any British nationals from Hubei province and advanced monitoring has been introduced at airports for direct flights from China.

Useful Links

- www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public
- www.gov.uk/foreign-travel-advice/china

CATCH
IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN
IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL
IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.