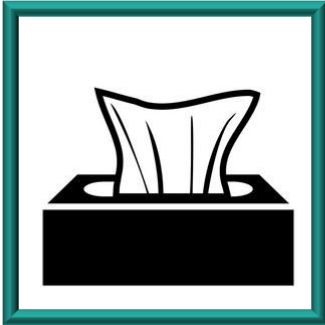


CORONAVIRUS—CARE PROVIDER ADVICE



Wash hands thoroughly with hot water and soap, and alcohol based hand sanitizer.



Use tissues when sneezing or coughing and throw them away in a bin immediately and wash hands.



Clean and disinfect any communal areas such as worktops / cups / sinks and frequently touched objects with the sanitizer or cleaning products provided.



Notify your line manager immediately by telephone if you suspect you may have contracted Coronavirus or are a 'close contact risk'.



Keep up to date with government advice including travel advice and ensure you adhere to it.

[Gov.uk/coronavirus](https://www.gov.uk/coronavirus)

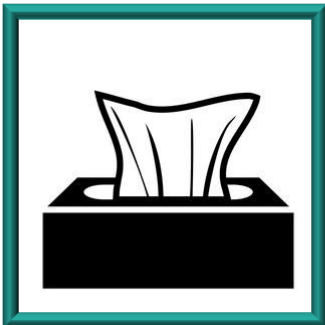
CORONAVIRUS—VISITOR ADVICE



If you have returned from abroad within the last 14 days please speak to a member of staff before entering.



Once you have arrived please use an alcohol-based hand sanitizer.



Use tissues when sneezing or coughing and throw them away in a bin immediately and wash hands.



Keep up to date with government advice including travel advice and ensure you adhere to it.

[Gov.uk/coronavirus](https://www.gov.uk/coronavirus)

CORONAVIRUS—INFORMATION SHEET

National Care Association is closely monitoring the advice of the UK Government.

For ongoing up-to-date information and advice, staff should refer to Public Health England - [Gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you have grounds to believe you may have a suspected case of Coronavirus, **you should call 111 and seek advice**. You should also telephone your Line Manager.

If you suspect a case of Coronavirus in your work area, please report it to your Line Manager.

IF SOMEONE BECOMES UNWELL AT WORK WHAT SHOULD THEY DO?

If someone experiences the symptoms below in the workplace they should;

- get at least 2 metres (7 feet) away from other people
- go to a room or area behind a closed door, such as a sick bay or staff office
- avoid touching anything
- cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough and sneeze into the crook of their elbow
- use a separate bathroom from others, if possible

THE SYMPTOMS

Common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia and severe acute respiratory syndrome.

HOW IS IT SPREAD?

- Coronaviruses are most commonly spread from an infected person to others through:
- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands; or
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your healthcare provider

WHAT IF SOMEONE I KNOW IS SUSPECTED OF HAVING CORONAVIRUS?

It is more likely to be normal cold or flu. However, as a precaution, **if someone you know has travelled to an affected area and suspects they have coronavirus they should self-isolate** and call NHS 111.

Public health authorities will follow up if they need to. If you have any specific concerns

please phone NHS 111.

WHAT IS A CONTACT RISK?

A contact risk is anyone who has been in close contact with a confirmed case of the virus. Close contact is defined as below in the guidance with regards to being in contact with a confirmed case.

- any resident, visitor or staff member in close face-to-face or touching contact including those undertaking small group work (within 2 metres of the case for more than 15 minutes)

- talking with or being coughed on for any length of time while the individual is symptomatic
- anyone who has cleaned up any bodily fluids of the individual
- any resident, visitor or staff member living in the same household as a confirmed case, or equivalent setting.

Contacts are not considered cases, and if they are well, they are very unlikely to have spread the infection to others, however:

- they will be asked to self-isolate for 14 days from the last time they had contact with the confirmed case and follow the home isolation advice from Public Health England.
- they will be actively followed up by the Health Protection Team
- if they develop any symptoms within their 14-day observation period they should call NHS 111 for assessment
- if they become unwell with cough, fever or shortness of breath they will be tested for COVID-19
- if they require emergency medical attention, call 999 and tell the call handler or ambulance control that the person has a history of potential contact with COVID-19
- if they are unwell at any time within their 14-day observation period and they test positive for COVID-19 they will become a confirmed case and will be treated for the infection

Family and friends who have not had close contact (as listed above) with the original confirmed case do not need to take any precautions, unless they become unwell. If they become unwell, they should call NHS 111 and explain their symptoms and discuss any known contact with the case to consider if they need further assessment.

**Nb. This information is based on current advice however this can be updated by Public Health England at any time as the situation progresses.*