



Coronavirus (COVID-19)

Latest Guidelines: Monday 16th March

Save Life, minimise suffering and help those most in need

- **Everyone should now avoid non-essential social contact with others**
- **Avoid social and public places**
- **Work from home if you can**
- **Self-isolate for 7 days if you live alone and have symptoms (cough or temperature). If you live with others, whole households should isolate together for 14 days**
- **Older People and pregnant women should avoid contact with others for at least 12 weeks**
- **All non-essential travel should now stop**
- **Only use the NHS if you really need too**

We are facing serious challenges presented by the coronavirus outbreak, we recognise the vital need to take personal responsibility and to follow infection control guidance.

Just like flu, COVID-19 is a contagious virus that causes respiratory or breathing illnesses, in other words, it can affect your lungs and airways. It's caused by a virus called coronavirus.

There is little understood about this virus because it is new. However, what we do know and what makes it incredibly dangerous is the lack of immunity we have to it which can make us very ill especially if we have underlying health problems.

No one group, ethnicity or population is more likely to get or spread coronavirus disease (COVID-19) than others. However, we need to take all precautions to protect each other especially those who are elderly and those living with existing health problems.

The Caribbean and African community disproportionately have more prevalent widespread pre-existing conditions. These include conditions such as high blood pressure, diabetes, chronic kidney disease, heart failure, sickle cell disease, lupus and fibromyalgia, respiratory conditions such as asthma and certain cancers such as Multiple Myeloma, liver, stomach, prostate. Therefore, those with underlying conditions are more likely to get seriously ill from COVID-19 because these conditions make the immune system weaker and more difficult to fight the virus. Please care for our pregnant women who are also more likely to have underlying conditions.



Signs and symptoms of coronavirus?

The typical symptoms of coronavirus include a high temperature and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties

But these symptoms do not necessarily mean you have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Generally, coronavirus can cause more severe symptoms, such as pneumonia, in people with weakened immune systems, older people, and those with long-term health conditions

– a cough (in many cases this has been reported as dry and persistent)

Information and Advice

As you will be aware, from news coverage, the situation is changing very quickly. Hence, the UK Government advice is being updated on a daily basis.

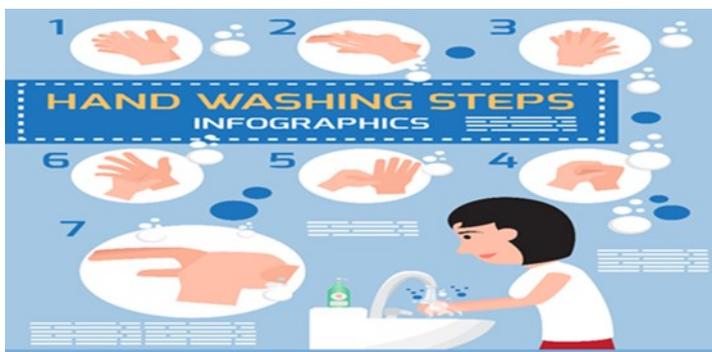
CAHN's approach will continue to be consistent with the advice received from the Government and Public Health England. Please keep yourself up to date with advice from www.nhs.uk/coronavirus and www.gov.uk/coronavirus

Please remember, we can all get coronavirus, however, it can cause more severe symptoms,

Essential practice that we all have a responsibility to adhere to:



Regular handwashing to prevent the spread of viruses



You must wash and clean our hands for 20 seconds more regularly. To wash your hands properly, sing happy birthday twice and follow these steps for good handwashing practice



Please carry with you and use your own personal antibacterial handwash. This does not replace washing your hands with soap and water but offers some protection until you get access to soap and water. Please ensure the alcohol content in the gel is above 70%.

The symptoms of coronavirus are like other illnesses that are much more common, such as cold and flu.

It is important that you:

- * **Sneeze or cough into a tissue**
- * **Dispose of the tissue in a bin**
- * **Wash your hands well for 20 seconds.**



Do what you can to avoid getting the virus

- Avoid being with people who are unwell.
- Try to stay at least 2 meters away from someone who is coughing or sneezing.
- Wash your hands well and often. Wash for at least 20 seconds with soap and water or use hand sanitizer with at least 70% alcohol.
- Wash your hands when you get to work or arrive home especially after using public facilities, transport and before you eat or handle food.
- Teach your children to do the same.
- Try not to touch your eyes, nose, and mouth if your hands are not clean
- Use a household cleaner or wipe to clean surfaces and objects that people touch a lot.
- Do not shake hands and practice social distancing (do not hug others).
- Follow recommendations from the Government and Public Health England

If you are unwell with symptoms which are a) new continuous cough OR (b) High temperature (of 37.8 degrees centigrade or higher) then you must self-isolate.



- The public are being advised to stay at home (self-isolate), you do not need any testing for COVID-19 to self-isolate. To reduce the risk of infection, you must undertake these practices **regardless of travel history or contact with confirmed cases**.

To self -isolate, this means you should:

1. Stay at home
2. Not go to work, school or public places
3. Not use public transport or taxis
4. Ask friends, family members or delivery services to do errands for you and limit contact with you
5. Let your doctor or nurse specialist know if you are worried that you may run out of medication if self-isolating
6. Try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food

Full advice for the public is available via: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

A spotlight... on NHS 111 – Encouraging the Public to use NHS 111 online, DO NOT go to a GP surgery, pharmacy or hospital. Call 111 if you need to speak to someone.

The most up to date information can be found on www.nhs.uk/coronavirus

If people have serious symptoms that they cannot manage at home they should use NHS111 online. They should only telephone NHS111 if they cannot go online.

Helpful resources

Resources are also available at the following websites which are updated daily;

- [Coronavirus \(COVID-19\) - NHS](#)
- [What to do coronavirus \(COVID-19\) – NHS 111 Online](#)
- [COVID-19; Guidance for health professionals – GOV.UK](#)

Thank you for your cooperation.