

## **Covid 19 ADVICE FOR PEOPLE FOR THE WEEK BEGINNING MARCH 9, 2020**

### **All patients**

1. Do not travel to mainland China, South Korea, northern Italy (Lombardia, Veneto and Emilio-Romagna regions) or Iran.
2. Consider delaying or not travelling to Hong Kong, Italy (other than northern Italy), Japan, Singapore or Thailand.
3. Delay any non-essential travel in general. Travel spreads the disease and also increases your likelihood of being quarantined somewhere. Avoiding international travel is now advised by the Centre for Health Protection.
4. Do not travel, socialise or go to work while sick. Even if only a minor cold.
5. Reduce non-essential travel on public transport particularly during peak travel hours.
6. Practice hand hygiene (washing hands) frequently (soap and water for 20 seconds and dry thoroughly, otherwise alcohol hand rub and avoid touching your mouth, nose and eyes. After washing your hands, use your elbow to turn off the tap or a paper towel to wrap the tap and doorknob, rather than touching them again.
7. Practice hand hygiene (washing hands) after touching an animal, including your pets.
8. Cover your cough. The most effective way to prevent transmission of viruses when coughing or sneezing is to use a tissue. Cough or sneeze into your elbow if no tissue is available.
9. Wear a mask if available when crowds are unavoidable, when around sick people, or if feeling unwell yourself. Be sure to practice hand hygiene before putting on and after taking off a mask.
10. As far as possible, avoid the following high risk activities: travel on cruise ships; large communal food-sharing including buffets, banquets and hotpots; large networking events and conferences; religious gatherings.
11. In social and work situations, avoid handshakes, hongis, hugs and kisses. Many people will not appreciate this form of greeting.
12. Carry your own pen instead of using publicly provided ones.
13. Open your windows to keep your home well-ventilated.
14. Close the toilet lid before flushing. And of course, wash your hands!
15. Get your flu vaccine – available from 1 April from your GP clinic or local pharmacy.
16. If you think you may have been infected with Covid 19 call Healthline 0800 358 5453
17. Do not go straight to your GP clinic – call Healthline First
18. Give a copy of this advice to your family and friends.