

No.80 COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

GOOD PRACTICE

- Wash hands thoroughly and regularly, particularly after using public areas, pre eating/drinking/smoking
- Ensure regular hand washing covers both sides of the hands and that soap and warm water are used for at least 20 seconds.
- Hand sanitiser should be used as an additional measure between regular hand washing.
- Cover your mouth and nose with a tissue or sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands
- Do not touch your eyes, nose or mouth if your hands are not clean
- Additional risk assessments and control measures must be undertaken if working in a known COVID positive area.
- Wear the appropriate PPE as defined within the risk assessment.
- Limit all non-essential travel.
- If you believe you have symptoms you must self-isolate in accordance with current government guidelines
- If you develop flu like symptoms, stay at home, do not go to work or to the doctors
- Inform family if you live alone so that suitable monitoring can occur
- If you live with family, try to isolate and segregate in accordance with current government guidelines
- If you develop significant trouble breathing call 111 or 999
- If you have been recently exposed to someone now showing similar symptoms or in hospital, then self-isolate in accordance with current government guidelines.

SUMMARY

It is important we all play our part if we are to stand a chance of defeating this virus. To defeat this virus, we must follow national guidance, routinely handwash and follow good hygiene practices, and disinfection techniques.

THIS IS A SERIOUS VIRUS – PLEASE TREAT IT AS SUCH



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