

Langford Budville Parish Council
Derek Sowden - Coronavirus Co-ordinator
Tel: 07960 373535

Coronavirus

Fact Pack

The Parish Council is setting up a Coronavirus Volunteering Scheme. If you need help contact Derek Sowden ring and he will match you with a volunteer wherever possible.

When you know your volunteer details put their details here.

Name:.....

Tel.No.....

Coronavirus symptoms: What are they and how do I protect myself? (www.bbc.co.uk)

How do I protect myself?

The best thing is **regular and thorough hand washing**, preferably with soap and water.

Coronavirus spreads when an infected person coughs small droplets - packed with the virus - into the air. These can be breathed in, or cause an infection if you touch a surface they have landed on, then your eyes, nose or mouth.

So, coughing and sneezing into tissues, not touching your face with unwashed hands, and avoiding close contact with infected people are important for limiting the spread.

Face masks do not provide effective protection, according to medical experts.

What should I do to prevent catching and spreading the virus?

- Wash hands frequently with soap and hot water or use sanitiser gel
- Catch coughs and sneezes with disposable tissues
- Throw away the used tissue and wash your hands
- If you don't have a tissue then use your sleeve
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are unwell

What are the coronavirus symptoms?

Coronavirus infects the lungs. The symptoms start with a fever followed by a dry cough, which can lead to breathing problems.

This is a new, continuous cough and means coughing a lot for more than an hour, or having three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).

It takes **five days on average to start showing the symptoms**, scientists have said, but some people will get symptoms much later than this. In fact the World Health Organization (WHO) says the incubation period lasts up to 14 days.

People will be most infectious when they have symptoms, but there have been suggestions some can spread the virus even before they are sick.

The early symptoms can easily be confused with other winter bugs including colds and flu.

What should I do if I think I have coronavirus?

Patients with mild symptoms - such as a new continuous cough or a high temperature above 37.8C should **self-isolate at home for at least seven days**.

People are being **advised not to ring NHS 111** to report their symptoms unless they are worried. **They should also not go to their GP, or A&E.**

If you have come into contact with somebody who may be infected, **you may be told to self-isolate.**

NHS

(Link: www.nhs.uk/)

Stay at home if you have coronavirus symptoms

Stay at home if you have either:

- a **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

Do not go to a GP surgery, pharmacy or hospital.

Use the 111 online coronavirus service to find out what to do. www.111.nhs.uk/covid-19

Only call 111 if you cannot get help online.

How to avoid catching and spreading coronavirus (social distancing)

It is particularly important for people who:

- are 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

If you're at high risk

The NHS will contact you from Monday 23 March 2020 if you are at particularly high risk of getting seriously ill with coronavirus. You'll be given specific advice about what to do.

Do not contact your GP or healthcare team at this stage – wait to be contacted.

Who is at risk?

You may be at a particularly high risk of getting seriously ill with coronavirus if you:

- have had an organ transplant and are taking immunosuppressant medicine
- are having chemotherapy or radiotherapy
- have blood or bone marrow cancer, such as leukaemia
- have a severe chest condition, such as cystic fibrosis or severe asthma
- have another serious health condition

Pregnancy advice

If you're pregnant and worried about coronavirus, you can get advice about coronavirus and pregnancy from the Royal College of Obstetricians and Gynaecologists.

(www.rcog.org.uk)

Reducing the spread of infection in your home

While you're staying at home, you should:

- wash your hands with soap and water often, for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- clean objects and surfaces you touch often (like door handles, kettles and phones) using your regular cleaning products

How to do your cleaning and laundry

- Use your usual household products, such as detergents and bleach, when you clean your home.
- Put used tissues and disposable cleaning cloths in rubbish bags. Then put the bag into a second bag and tie it securely. Wait 3 days before putting it in your outside bin.
- Dispose of other household waste as normal.
- Wash your laundry in the washing machine in the usual way. Laundry that has been in contact with an ill person can be washed with other people's items. Do not shake dirty laundry, as this may spread the virus in the air.
- If you do not have a washing machine, wait for 3 days after your stay at home has ended before taking your laundry to a launderette.

Looking after your health and wellbeing

To help yourself stay well while you're at home

- drink plenty of water to stay hydrated – drink enough so your pee is pale and clear
- take paracetamol to help ease your symptoms
- stay in touch with family and friends over the phone or on social media, to help you avoid feeling low or lonely
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise, if you feel well enough to

Mental Well-being

There is advice about how to look after your mental wellbeing while staying at home from **Every Mind Matters**.

Medical and Dental Appointments

Cancel all routine face-to-face medical and dental appointments while you're staying at home. You may be able to do some appointments over the phone

Ibuprofen

There is currently no strong evidence that ibuprofen can make coronavirus (COVID-19) worse.

But until we have more information, take paracetamol to treat the symptoms of coronavirus, unless your doctor has told you paracetamol is not suitable for you.

If you are already taking ibuprofen or another non-steroidal anti-inflammatory (NSAID) on the advice of a doctor, do not stop taking it without checking first.

Stay at home advice

[\(www.nhs.uk/condition/coronavirus-covid-19/self-isolation-advice/\)](https://www.nhs.uk/condition/coronavirus-covid-19/self-isolation-advice/)

Coronavirus (COVID -19)

Staying at home can help stop Coronavirus spreading

You will need to stay at home if you have symptoms of the virus or live with someone who does. This means:

- Not go to work, school or public areas
- Not use public transport or taxis
- Not have visitors of any kind in your home
- Not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home.

You can use a garden if you have one, or leave the house to exercise but stay at least 2 metres away from other people.

If you have symptoms...

You will need to stay at home for 7 days and after that:

If you don't have a high temperature you don't need to stay at home, but if it persists stay at home until your temperature returns to normal.

You do not need to stay at home if you just have a cough after 7 days. A cough can last for weeks after the infection

If you live with someone who has symptoms

You will need to stay at home for **14 days from the day their symptoms started**. This is because it can take 14 days for the symptoms to appear.

If more than 1 person at home has symptoms, stay at home for for 14 days from the day the first person started having symptoms.

If you get symptoms, stay at home for 7 days from when symptoms started if even if you are at home for longer than 14 days. If you do not get symptoms there is no need to stay at home after 14 days.

If you have symptoms and live with a vulnerable person i.e. 70 or over, has a long term condition, pregnant or has a weakened immune system...

Try and arrange for them to stay with friends or family for 14 days. If you have to stay at home together, try to keep away from each other as much as possible.

Do:

- Keep 2 metres (3 steps) apart
- Avoid using shared spaces at the same time
- Open windows in shared spaces if you can
- Clean a shared bathroom each time you use it e.g. wiping surfaces you have touched
- If you do not have a dishwasher use washing up liquid and warm water and dry everything thoroughly

Don't:

- Share a bed (if possible)
- Share towels, including hand and tea towels

What exactly is social distancing?

www.bbc.co.uk/news

- No coming into contact with people unless you need to, so no more visitors at your house or visiting other peoples house.
- No going to restaurants, parties, pubs, clubs or sporting events.
- If you can work from home the government says you should, and your employer should help you do this.
- If you absolutely can't work from home then avoid busy travel times.
- You can go out for a walk and buy essential but you need to keep your distance and stay at least 2 metres from everyone else.
- Imagine you are holding a big broom and you will be the correct distance away if you can't touch anyone with it.
- The people who need to practice social distancing the most are over the over 70's, anyone with an underlying health condition and pregnant women.
- But really everyone should do it to stop the virus spreading and reduce the pressure on health services, because if you limit the contact you have with others then this reduces the chances of you catching the virus and passing it on to someone else

Important Coronavirus websites:

Coronavirus action plan – www.gov.uk/government/publications/coronavirus-action-plan

Information on Coronavirus and the situation in the UK -

www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public

For up to date key Coronavirus news items –

www.bbc.co.uk/news

Latest stay at home advice –

www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice

Common questions and answers on COVID-19

www.nhs.uk/conditions/coronavirus-covid-19/common-questions

Useful tips and advice to support good mental health

www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

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I will not be able to help with medical issues.