

# Coronavirus COVID-19

## What is Coronavirus?

COVID-19 is a new illness that can affect your lungs and airways. It is caused by a virus called coronavirus.

## Am I at risk of catching Coronavirus?

Some groups are at higher risk than others such as those with:

- Heart Disease
- Diabetes
- Lung Disease

## What are the symptoms?

A new continuous cough and a high temperature.

## What should I do if I think I have Coronavirus?

- Self-isolate at home for 7 days
- Do not go to your GP Surgery or Accident & Emergency
- Do not contact 111 unless your symptoms do not improve after 7 days

## How could I catch or pass on Coronavirus?

It is not fully understood how Coronavirus is passed on, but similar viruses are spread in cough or sneeze droplets.

- Ensure you cough or sneeze into a paper tissue and dispose of the tissue immediately and safely, remember to wash and change your shirt, blouse or jumper that you have coughed into.
- If you are unable to use a tissue, then cough or sneeze into the crook of your arm.
- Wash your hands regularly with soap and hot water for at least 20 seconds, use paper towels if you can, to dry your hands.
- Always wash your hands when you get home or arrive at your destination
- Avoid contact with people who are unwell.
- Hand sanitizer gel is not a substitute for washing your hands in hot soap and water, use hand sanitizer gel where provided in public spaces and buildings such as hospitals, GP Surgeries etc., until you can wash your hands.
- Do not touch your face with your hands, the virus may be passed on via your eyes, nose, mouth etc.

- Avoid close personal contact with friends and colleagues, Greet someone with a wave, elbow bump or just simply say hello when you meet, no need to hug and kiss everyone at the moment.

### What is the Treatment?

There is currently no vaccine or medication to treat COVID-19, please note that anti-biotics do not work against viruses. Most people will experience symptoms similar to a bad cold including a high temperature and continual coughing.

### Should I avoid crowded places and gatherings?

If you are in a higher risk group, then it may make you feel better about things if you stay away from gatherings and places with lots of people. If you don't feel well then please stay away and self-isolate as is being advised by the UK Government.

### EKIDS Groups

We are currently monitoring the Coronavirus situation closely and are receiving alerts as and when the UK government provides updates.

Our advice is in line with current UK Government advice. As it stands, we do not plan to cancel any EKIDS groups but that could change if the virus becomes more widespread. The meal at The Swan on Tuesday 17<sup>th</sup> March is going ahead as planned, if there is any change, we will contact you.

If you feel more comfortable about things by not attending EKIDS groups and outings for the time being then we fully understand. Please think of others, practice safer coughing, sneezing and wash your hands regularly with hot water and soap.