

CORONAVIRUS [COVID-19]

BACKGROUND INFORMATION

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

WHAT SHOULD I DO ABOUT CORONAVIRUS [COVID-19]?

PERSONAL CARE:

Make sure you follow good hand hygiene and good respiratory hygiene which is to:

- Catch coughs and sneezes with a tissue, dispose of the tissue in a bin immediately and then wash your hands with soap and water (or hand sanitizer if soap and water are not available). Dry hands thoroughly after washing.
- Wash your hands with soap and water (or use hand sanitizer if soap and water are not available) frequently and especially on arrival and before leaving home or any childcare or educational setting, before cooking and eating, after using the toilet, and after breaks or sporting activities.
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are unwell

The best protection against coronavirus is still washing your hands. According to the NHS, you should wash your hands for the amount of time it takes to sing 'Happy Birthday' twice.

Hand-washing is also the main advice from Public Health England (PHE) to prevent the spread of coronavirus, with alcohol-based hand sanitisers – containing at least 60% alcohol – recommended if soap and water aren't available, for example, whilst travelling. However, hand sanitisers won't get rid of certain types of germs, dirt and chemicals, whereas soap will, which is why hand-washing is preferred.

SYMPTOMS OF NOVEL CORONAVIRUS (2019-NCOV) ARE:

- a cough
- a high temperature
- shortness of breath

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. The current evidence is that most cases appear to be mild.

Generally, coronavirus can cause more severe symptoms in people with weakened immune systems such as older people and those with long term conditions like diabetes, cancer and chronic lung disease.

The policy that many schools and other places of work are following is that any person who has travelled to area of the world which the Foreign and Commonwealth Office (FCO): <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>, have advised against travelling to should place themselves into self-isolation for a period of 14 days even if they report no symptoms.

WHAT SHOULD YOU DO IF YOU FEEL UNWELL?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

ADVICE TO MEMBERS:

We would advise our members to note the information in this document and national advice published by the government. Follow policies put in place by your employer or if you are self-employed follow published advice.

In line with the latest government advice, anyone with a persistent cough or a high temperature, irrespective of whether or not they have recently returned from, or been in contact with someone from, a COVID-19 hotspot, should remain at home for seven days. Government advice is to seek medical guidance online in the first instance and only to ring NHS 111 if symptoms worsen.

See links below.

KEEPING UP-TO-DATE

You can keep up to date with national advice and information regarding coronavirus by visiting

- <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19>

DFE HELPLINE

The Department for Education (DfE) has launched a new helpline to answer questions about COVID-19 related to education.

Staff, parents and students can contact the helpline by telephone and email:

Phone: 0800 046 8687

Email: DfE.coronavirushelpline@education.gov.uk



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WHAT ABOUT PATOSS TRAINING EVENTS AND CORONAVIRUS [COVID-19]?

PATOSS like any other training organisation or educational provider with regards to Coronavirus [Covid-19] must follow and monitor the situation regularly and will follow the advice of Public Health England (PHE): <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>.

If the Virus begins to spread within the UK, PATOSS will comply with the updated requirements as issued by the Chief Medical Officer.



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