CORONAVIRUS

How To Stay Safe
FACTS

What we know about the Corona virus
Coronavirus (COVID-19) is a new virus that infects our lungs and causes respiratory problems.

Symptoms range from mild illness to pneumonia.
The symptoms of coronavirus:
• Cough
• High temperature
• Shortness of breath

**NOTE:** If you get these symptoms it does not automatically not mean you have been infected with coronavirus – these symptoms are common to many other ailments.
Of those people who become infected by the coronavirus

- 85% will have mild symptoms similar to a common cold.
- 15% will have severe symptoms.
- Only a small minority of cases will currently become critical.
HOW IT SPREADS

Understand how the virus moves around
The virus can spread through the air when infected people sneeze.
It can also be spread by touching someone who has the virus on their skin.

**NOTE:** Just picking up the virus on your skin does not infect you – it still has to get inside your body.
Coronavirus can sit on surfaces waiting to be picked up by touch.
So, the virus can be transferred to your skin when you open doors ....
Switch on lights …
Or, touch any commonly used surface
INFECTION RISKS

How the virus gets into your body
The virus can get into your body via three main routes:

1. Eyes
2. Nose
3. Mouth
Virus infection journey - eating in a public restaurant
Virus infection journey - workplace meeting
Virus infection journey - moving around the workplace
SAFETY TIPS
Simple measures to keep safe
Washing your hands regularly and thoroughly will significantly reduce your risk of infection.
Wash your hands more often like this....

PALMS & FINGERS
And like this....

Wash your hands for at least 20 seconds

WRIST
THUMBS
KNUCKLES
Supplement hand washing with the use of hand sanitiser that helps kill the virus.
Keep your nails short - long nails can harbour the virus and are more difficult to keep clean.
If you sneeze, use a tissue - if you don’t have a tissue use your arm and sneeze into your elbow

Carry a supply of tissues with you

Wash any clothing you sneeze into as soon as possible
Throw away any tissues you have used into the bin – do not leave them lying around.
Avoid touching your nose – particularly when you are out and about and have touched commonly used surfaces.

How often do you touch your nose like this during the day?
Avoid rubbing your eyes

When might you be tempted to touch your eyes like this?
Avoid touching your lips or tongue with your fingers

What situations during your daily routine might cause you to lick your fingers or touch your lips?
IF YOU FALL ILL

What to do if you think you have become infected
If you think you might have coronavirus:

- **Do not** go to a GP surgery, pharmacy or hospital
- Call **111** for initial assistance
- Or, use the online service: [https://111.nhs.uk](https://111.nhs.uk)
There is currently no specific treatment for coronavirus - treatments aim to relieve the symptoms while your body fights the illness.

You'll need to stay in isolation away from other people until you've recovered.
If you have been told to self-isolate, stay indoors and avoid contact with other people for 14 days.

Stay in a well ventilated room.
During isolation, try to avoid contact with your family members and clean surfaces after each use. Use separate towels and wash them regularly.
REMINDER

Test what you have learnt
Where are the high risk transmission surfaces in this image? (See next page for the answer)
Where are the high risk transmission surfaces in this image? (See next page for the answer)
Where are the high risk transmission surfaces in this image?
(See next page for the answer)