

Coronavirus (COVID-19)

What is Coronavirus (COVID 19)?

Coronavirus disease 2019 (COVID-19) is an infectious disease caused by the virus strain severe acute respiratory syndrome coronavirus 2. Worldwide spread of the disease began for the first time in 2019 and has developed into the 2019–20 coronavirus pandemic. Common symptoms include fever, cough, and shortness of breath. Muscle pain, sputum production, and sore throat are some of the less common symptoms. While the majority of cases result in mild symptoms, some progress to pneumonia and multi-organ failure. The case fatality rate is estimated at between 1% and 5% but varies by age and other health conditions.

The infection is spread from one person to others via respiratory droplets produced from the airways, often during coughing. Time from exposure to onset of symptoms is generally between two and 14 days, with an average of five days. The standard method of diagnosis is by reverse transcription polymerase chain reaction from a nasopharyngeal swab or sputum sample. Antibody assays can also be used, using a blood serum sample, with results within a few days. The infection can also be diagnosed from a combination of symptoms, risk factors and a chest CT scan showing features of pneumonia.

What's the risk of coronavirus in the UK?

The UK Chief Medical Officers have raised the risk to the public from low to moderate.

Health professionals are working to contact anyone who has been in close contact with people who have coronavirus.

What's the risk of coronavirus for travellers?

There are some countries and areas where there's a higher chance of coming into contact with someone with coronavirus.

Symptoms of coronavirus

The symptoms of coronavirus 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.

How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

Do I need to avoid public places?

Most people can continue to go to work, school and other public places.

You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

How to avoid catching or spreading coronavirus

Do's

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- 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
- try to avoid close contact with people who are unwell

Don'ts

- do not touch your eyes, nose or mouth if your hands are not clean

Check if you need medical help

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Use this service if:

- you think you might have coronavirus
- in the last 14 days you've been to a country or area with a high risk of coronavirus
- you've been in close contact with someone with coronavirus
-

Use the 111 coronavirus service

Information:

Do not go to a GP surgery, pharmacy or hospital. Call [111](tel:111) if you need to speak to someone.

How to self-isolate if you're asked to

If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate).

This means you should:

- stay at home
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food

You may need to do this for up to 14 days to help reduce the possible spread of infection.

Treatment for coronavirus

There is currently no specific treatment for coronavirus.

Antibiotics do not help, as they do not work against viruses.

Treatment aims 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.

Washing Hands

When should your hands be washed: -

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** [changing nappies or cleaning up a child who has used the toilet](#)
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching rubbish

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Use of Hand Sanitizers When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals

How to Use Hand Sanitisers



- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Whilst on duty:-

All Personnel should adopt the following practises whilst on duty at any location

- Greetings
 - Personnel should try to avoid handshaking or any other forms of physical contact when greeting colleagues, clients and members of the public.
 - Use either hand gestures such as waving or verbal greetings
- Patrols
 - All personnel should ensure that they use the correct hand wash procedure before their patrol
 - Where possible use Hand Sanitisers as they go around their patrol route
 - Ensure that on return the correct hand wash procedure is used
- Workstations
 - All workstations must be cleaned down at the end of your duty
 - All phones, keyboards and computer mouse should be wiped down with Antibacterial where possible
- Ensure that Good Personal Hygiene is maintained

If someone becomes unwell at work

If someone becomes unwell in the workplace and has recently come back from an area affected by coronavirus, they should:

- get at least 2 metres (7 feet) away from other people
- go to a room or area behind a closed door, such as a sick bay or staff office
- avoid touching anything
- cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough and sneeze into the crook of their elbow
- use a separate bathroom from others, if possible

The unwell person should use their own mobile phone to call either:

- 111, for NHS advice
- 999, if they're seriously ill or injured or their life is at risk

They should tell the operator:

- their symptoms
- which country they've returned from in the last 14 days

If someone with coronavirus comes to work

If someone with coronavirus comes to work, the workplace does not necessarily have to close.

The local Public Health England (PHE) health protection team will get in contact with the employer to:

- discuss the case
- identify people who have been in contact with the affected person
- carry out a risk assessment
- advise on any actions or precautions to take

[Find out more about PHE health protection teams on GOV.UK.](#)

The process may be different in Scotland and Wales. For more advice, see:

If someone has to go into self-isolation

The government has stated that if NHS 111 or a doctor advises an employee or worker to self-isolate, they should receive any [Statutory Sick Pay \(SSP\)](#) due to them. If the employer offers contractual sick pay, it's good practice to pay this.

The employee must tell their employer as soon as possible if they cannot work. They should tell their employer the reason and how long they're likely to be off for. The employer might need to be flexible if they require evidence from the employee or worker. For example, someone might not be able to provide a [sick note \('fit note'\)](#) if they've been told to self-isolate for 14 days.

If employees do not want to go to work

Some people might feel they do not want to go to work if they're afraid of catching coronavirus.

If an employee still does not want to go in, they may be able to arrange with their employer to take the time off as holiday or unpaid leave. If they are entitled to holiday pay or accrued holiday pay. The employer does not have to agree to this.

If an employee refuses to attend work, it could result in disciplinary action.

Stadium Advice

Category	Criteria	Locations	Action
A	<ul style="list-style-type: none"> Do you feel unwell Are you experiencing cold/flu or fever symptoms Have had contact with someone from any of the known locations to the right column 	<ul style="list-style-type: none"> Iran, Specific lockdown areas in Northern Italy, Korea, Hubei province China Vietnam Cambodia Laos Myanmar (Burma) Hong Kong Thailand Japan Taiwan Singapore Malaysia Macau Tenerife – only the H10 Costa Adeje Palace Hotel 	Do not travel to the stadium, stay at home and self-isolate, call the non-emergency medical helpline 111 and seek medical advice.
	<ul style="list-style-type: none"> Have you returned from any of the listed areas (in the right column) since 19th Feb? 	<ul style="list-style-type: none"> Iran, Specific lockdown areas in Northern Italy, Korea, Hubei province China 	Do not travel to the stadium, stay at home and self-isolate, call the non-emergency medical helpline 111 and seek medical advice.
	<ul style="list-style-type: none"> Have returned from any of the listed areas (in the right column) since February 19th and developed flu/fever symptoms, however mild? 	<ul style="list-style-type: none"> Vietnam Cambodia Laos Myanmar (Burma) Hong Kong Thailand Japan Taiwan Singapore Malaysia 	Do not travel to the stadium, stay at home and self-isolate, call the non-emergency medical helpline 111 and seek medical advice.

		<ul style="list-style-type: none"> • Macau • Tenerife – only the H10 Costa Adeje Palace Hotel 	
B	<ul style="list-style-type: none"> • Are you experiencing flu/cold symptoms and have not been in contact with anyone with confirmed COVID-19 or travelled from any of the identified locations in section A above? 		Continue as normal
	<ul style="list-style-type: none"> • Are you feeling well without any adverse symptoms and not been in contact with anyone with confirmed COVID-19 or travelled from any of the identified locations in section A above? 		Continue as normal

If you have any concerns, please call our 24-hour Control Centre on 0330 053 5686

Reviewed By

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