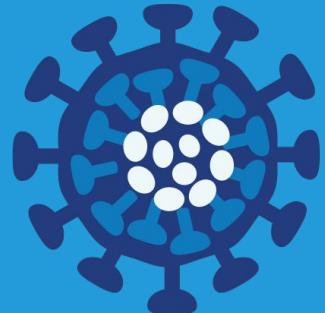
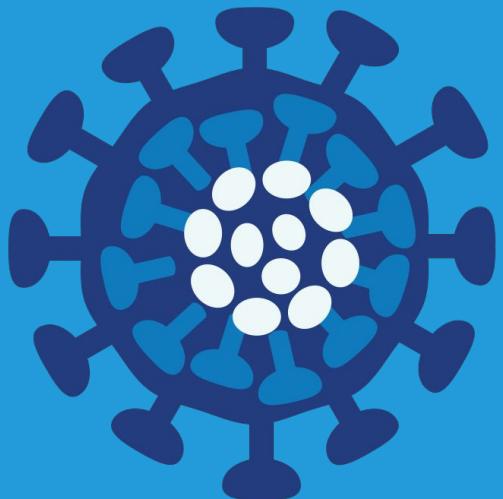


CORONAVIRUS



How To Stay Safe

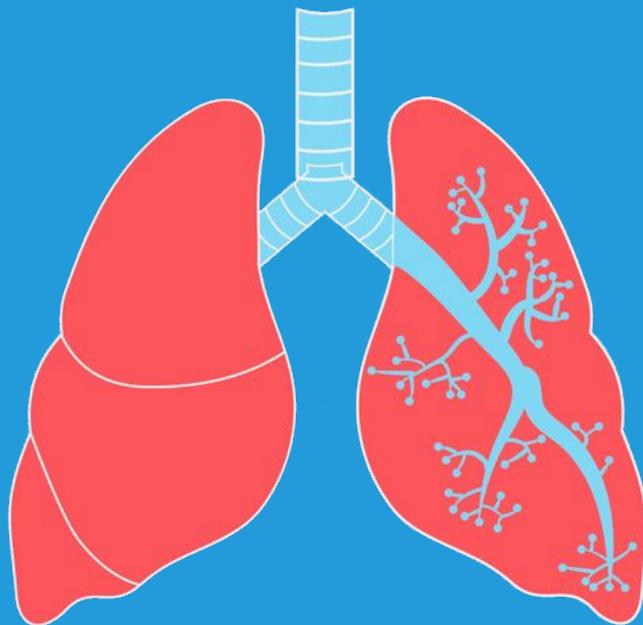


THE FACTS: WHAT WE KNOW SO FAR

Coronavirus (COVID-19) is a new virus.

It infects the lungs and causes respiratory problems.

Symptoms can range from very mild to more serious illnesses such as pneumonia.



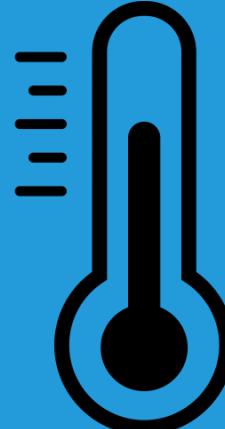
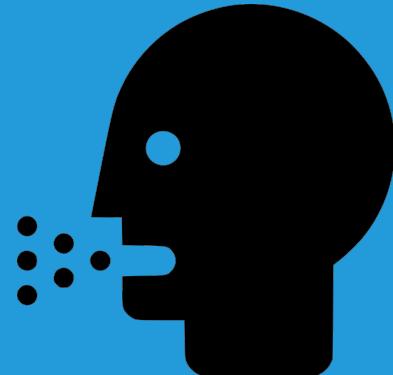
SYMPTOMS

The main symptoms of coronavirus are:

- A high temperature – this means you feel hot to touch on your chest or back
- A new, consistent cough

Find the latest guidance here:

[nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)



HOW IT SPREADS

Because it is a new illness, no one is really sure how coronavirus is spread between people.

Similar viruses are spread through cough droplets.

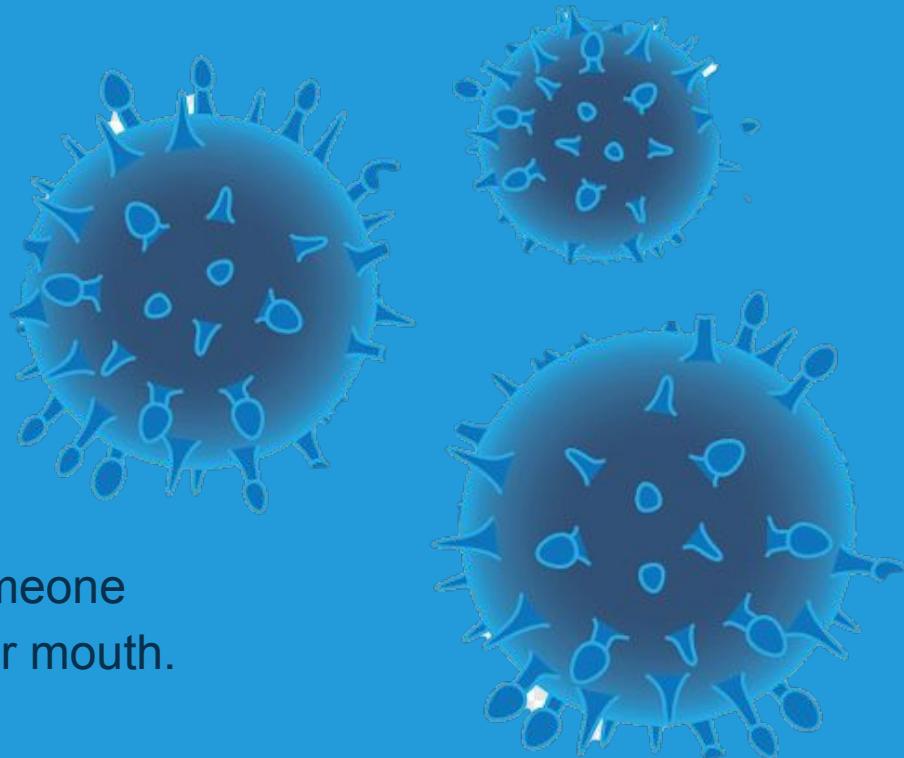
These may be passed through the air, on people's skin (for example when shaking hands) or it can sit on surfaces (such as door handles, light switches, or other commonly touched surfaces).

HOW IT SPREADS

There are three main routes the virus can enter your body:

- Eyes
- Mouth
- Nose

For example, if you shake hands with someone carrying the infection, and then touch your mouth.



WAYS TO STAY SAFE

- ✓ Wash your hands often with soap and water for at least 20 seconds. Use hand sanitiser 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 tissues in the bin and wash your hands.
- ✓ Avoid close contact with people who have symptoms
- ✓ Work from home where possible
- ✓ Stay at home unless absolutely necessary

See more at [nhs.uk/coronavirus-covid-19](https://www.nhs.uk/coronavirus-covid-19)

WAYS TO STAY SAFE

- ✖ **DO NOT** touch your eyes, nose or mouth if your hands are not clean
- ✖ **DO NOT** have non-essential visitors to your home, including friends and family
- ✖ **DO NOT** travel on public transport unless essential

See more at nhs.uk/coronavirus-covid-19

STAY AT HOME

Everyone must stay at home to help stop the spread of coronavirus, whatever your age and whether or not you display symptoms.

You can only leave the house:

- To shop for essentials (as infrequently as possible)
- To do one form of exercise a day
- For a medical need, including delivering supplies to a vulnerable person
- To travel to and from work, but only where absolutely essential

IF YOU HAVE CORONAVIRUS SYMPTOMS

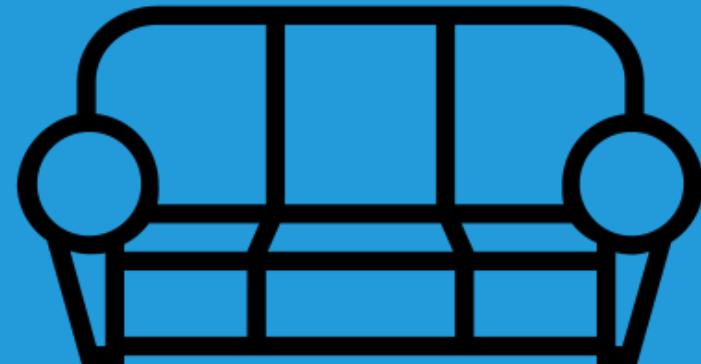
- If you have **either** a high temperature **or** a new, continuous cough, you must stay at home and isolate.
- To protect others, **do not** go to places like a GP surgery, pharmacy or hospital. **Stay at home.**
- Use the 111 online coronavirus service to find out the latest advice:
111.nhs.uk/covid-19
Only call 111 if you cannot get help online.

ADVICE FOR PEOPLE AT HIGH RISK

Some groups are identified as being at higher risk from coronavirus. You can find the full list on the government website: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you are at higher risk:

- Avoid leaving your home – you should not visit friends, go shopping or visit family
- Avoid close contact with other people in your home as much as possible.



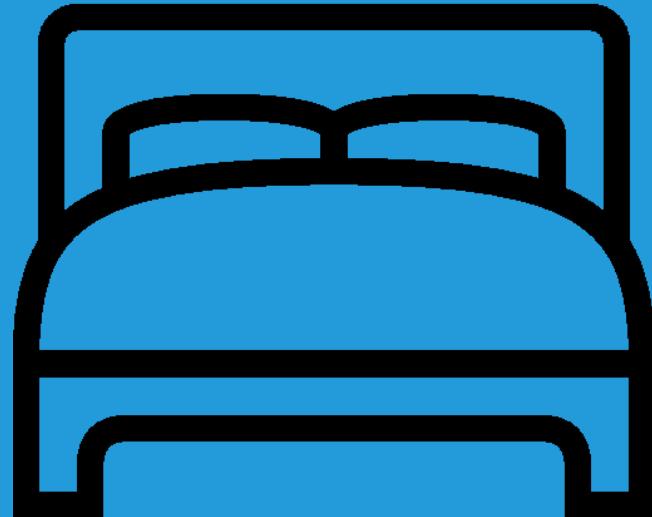
TREATMENT FOR CORONAVIRUS

There is currently no specific treatment for coronavirus.

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

Instead, treatments aim to relieve the symptoms whilst your body fights the illness.

You will need to stay home in isolation away from other people until you have recovered.



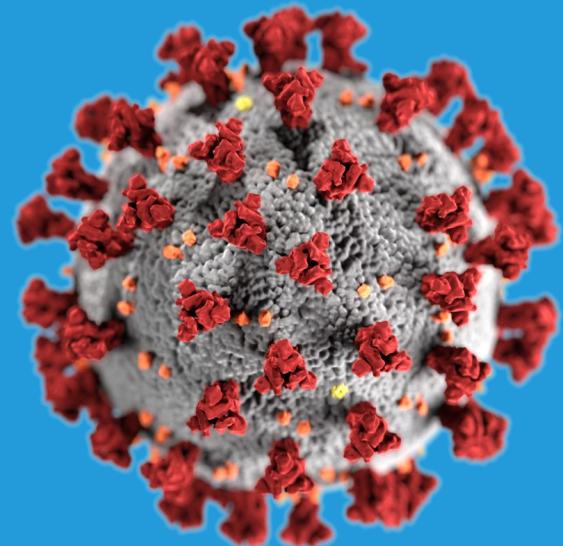
THE SITUATION IN THE UK

The coronavirus situation in the UK is rapidly evolving and advice and information are being updated frequently.

For the latest government and NHS advice, visit:

[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

[nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)



LRB CONSULTING

Health and safety consultants working across the UK

Phone: 01509 550023

Email: enquiries@lrbconsulting.co.uk