



Community First Yorkshire

INFORMATION TO ALL STAFF ON THE CORONAVIRUS

We've pulled together some practical advice to help stop viruses like coronavirus spreading. Whilst we do not want to alarm or panic any of you, we feel that taking some practical steps to reduce risk is very important.

As well as observing infection control procedures, as should be followed as a matter course, we urge everyone to be extra careful regarding hygiene routines.

INFORMATION ABOUT THE VIRUS

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020.

The incubation period of COVID-19, is between 2 to 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, they have not become a case.

SIGNS AND SYMPTOMS OF COVID-19

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- difficulty in breathing
- fever

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

HOW TO AVOID CATCHING OR SPREADING CORONAVIRUS

- ✓ washing your hands often - with soap and water, or use alcohol sanitiser that contains at least 60% alcohol if handwashing facilities are not available - this is particularly important after taking public transport
- ✓ covering your cough or sneeze with a tissue, then throwing the tissue in a bin. people who feel unwell should stay at home and should not attend work
- ✓ employees should wash their hands:
 - before leaving home
 - on arrival at work
 - after using the toilet
 - after breaks and sporting activities
 - before food preparation
 - before eating any food, including snacks
 - before leaving work
 - on arrival at home
- ✓ avoid touching your eyes, nose, and mouth with unwashed hands
- ✓ clean and disinfect frequently touched objects and surfaces

If staff are worried about their symptoms or those of a family member or colleague, please call NHS 111. They should not go to their GP or other healthcare environment.