

What is Coronavirus?

Coronavirus or COVID-19 is an illness that can affect the lungs and airways. COVID-19 has symptoms similar to the flu. In almost all cases people will not die from having coronavirus.

However, for people over the age of 70 and or/with existing health conditions, it can have increased risks.



How to prevent catching and spreading Covid-19 (Coronavirus)



Wash hands frequently with soap and water OR use a sanitiser gel



Catch coughs and sneezes with **disposable tissues** OR if you don't have a tissue **use your sleeve**



Throw away used tissues (then wash your hands)



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

How do I know if I might have Coronavirus?

Most people, and especially young people, will not experience severe symptoms. However, you may experience some symptoms which might include;

- ▶ **a high temperature** – you feel hot to touch on your chest or back
- ▶ **a new, continuous cough** – this means you've started coughing repeatedly

What do I do if I've got these symptoms?

- ▶ The NHS recommends isolating yourself for 7 days if you have either of the above symptoms
- ▶ Let a member of staff know that you are feeling unwell
- ▶ Staff will make arrangements for you to isolate yourself in your accommodation
- ▶ Do not go to a GP surgery, pharmacy or hospital

What if I feel really unwell?

You can contact NHS 111 for urgent advice if for example:

- ▶ **you feel you cannot cope with your symptoms**
- ▶ **your condition gets worse**
- ▶ **your symptoms do not get better after 7 days**

Protect yourself

DO: Wash your hands with soap and water often – do this for at least 20 seconds. If there is no soap available, talk to a member of staff.

DO: Always wash your hands when you go in or out the building.

DO: Avoid close contact with people who have symptoms of coronavirus.

DO: Travel on public transport if you need to.

DO: Avoid social activities and areas with large groups of people.

DO: Stay in contact with friends and family by phone or through the internet rather than arranging face to face contact with them.

DO NOT: Touch your eyes, nose or mouth if your hands are not clean.

DO NOT: Have visitors to your room including friends and family.

DO NOT: Shake dirty laundry – this can spread the virus.

When using a shared bathroom and/or kitchen speak to staff about how best to use these spaces. Please make sure the facilities are cleaned after using them with normal cleaning products.

How do you stop spreading coronavirus?

- ▶ Always wash your hands when you go in or out of the building
- ▶ Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. Toilet paper will do the job. If this is not available, then ask staff
- ▶ Put used tissues in the bin immediately and wash your hands afterwards
- ▶ Avoid close contact with people who have symptoms of coronavirus
- ▶ Only travel on public transport if you need to
- ▶ Avoid social activities and areas with large groups of people
- ▶ Do not touch your eyes, nose or mouth if your hands are not clean
- ▶ Avoid having visitors to your room including friends and family
- ▶ Do not shake dirty laundry – this can spread the virus

For more information

NHS Guidance: <https://www.nhs.uk/conditions/coronavirus-covid19>

General questions and answers: <https://www.bbc.co.uk/news/live/world-51945323>

Drug Treatment and COVID-19: <https://www.release.org.uk/blog/drug-treatment-and-coronavirus-covid19>

Harm reduction and covid-19 for people who use drugs: <https://www.talkingdrugs.org/covid19harm-reduction-for-people-who-use-drugs>

NHS 111 is a free service you can contact if you have an urgent medical problem and you're not sure what to do. You can contact it through: 111.nhs.uk or call 111. You can call NHS 111 free from a mobile or a pay phone. Be patient as there may be a wait to speak to someone.