

## Useful tips on managing your Coronavirus risk.



This is the most up to date info to the best of our knowledge.

The symptoms: runny nose, sore throat, fevers, shortness of breath

The risk factors for CV: international travel, especially to the high risk countries or contact with known CV positive individuals at the moment. Obviously these will change as more cases occur locally.

It is important to know that to the best of our knowledge asymptomatic individuals are not contagious. Children are at lower risk than adults and any patients with lung problems, lowered immunity and the elderly are at greater risk.

**Prevention:** regular hand washing with ordinary soap and water for 20 seconds is still gold standard. Any less is not as effective, any more rubs skin raw and decreases the skin's natural barrier to infection. Alcohol hand washes/ rubs with 60% or more alcohol concentration are also effective. Masks are more useful in preventing infected individuals from passing on the virus than stopping one catching it. Aerosol spread is best prevented by ensuring you sneeze into the crook of your arm and conversely staying at least a meter away from anyone with cold symptoms. Washing hands regularly with whatever means possible and as much as possible while out in public is your best defence.

If you require treatment for symptoms and there is a risk of CV, it is better to phone your GP, urgent care centre or hospital casualty to be directed to the nearest facility for screening. The doctor will need to fill in forms and get permission before sending you through for testing. Alternatively you can present to a recommended facility with suitable isolation access and be examined by prepared staff.

This will reduce exposure to other patients and ensure everyone's safety as far as possible. If well enough self isolation at home can be undertaken with reduced contact with the rest of the family as far as possible. If required admission will be to a designated hospital in either the public or private sector.