

# 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 or people with certain pre-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
- ▶ **losing or there being a change to your sense of smell or taste**

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

- ▶ The NHS recommends isolating yourself for 10 days if you have any of the above
- ▶ Let a member of staff know 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 unless it is an emergency
- ▶ Book a test as soon as possible. To do this visit the NHS website or call 119
- ▶ If you can, tell the people you have been close to over the last 2 days that you have coronavirus symptoms

## 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:** 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.

**DO NOT:** take public transport unless you really need to

*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-treatmentand-coronaviruscovid19>

**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.**