Blythe House
Hospicecare

'Looking after each other'

Advice on the coronavirus

What is coronavirus?
Coronavirus originated in China and symptoms include fever and a cough that may progress to pneumonia causing shortness of breath and breathing difficulties.

These symptoms can be more severe in people with weakened immune systems, older people and those with long-term conditions like cancer or chronic lung disease.

Symptoms of coronavirus
- a cough
- a high temperature
- shortness of breath

But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Do I need to avoid public places?
Most people can continue to go to work, school and other public places. You only need to stay away from public places (self-isolate) if advised to by the NHS 111 online coronavirus service or a medical professional: www.nhs.uk/conditions/coronavirus-covid-19/

How can I help to stop coronavirus spreading?

If you need to cough or sneeze

- **Catch it** with a tissue
- **Bin it**
- **Kill it** by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser

- **After breaks & sport activities**
- **Before cooking & eating**
- **On arrival at any childcare or educational setting** (SCHOOL ETC.)
- **After using the toilet**
- **Before leaving home**

- ✓ Try not to touch your eyes, nose, and mouth with unwashed hands
- ✓ Do not share items that come into contact with your mouth such as cups & bottles
- ✓ If unwell do not share items such as bedding, dishes, pencils & towels

Graphic from Public Health England

What should I do if I feel unwell?
- Do not go to a GP surgery, pharmacy or hospital. Call 111 if you need to speak to someone
- Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus

What if I need medical help?
The NHS 111 online coronavirus service (link on page one) will tell you if you need medical help and advise you what to do. Use this service if:
- you think you might have coronavirus
- you've been to Cambodia, China, Hong Kong, northern Italy, Iran, Japan, Laos, Macau, Malaysia, Myanmar (Burma), Singapore, South Korea, Taiwan, Thailand or Vietnam in the past 14 days
- you've been in close contact with someone with coronavirus

All the information on this leaflet is sourced from the NHS.UK, GOV.UK and Public Health England websites.