



You will no doubt be aware of the coronavirus from recent news reports - so we have pulled together some key information on the virus from the NHS and outlined top tips for things we can all do to help stay healthy.

Please do share these with your colleagues, family and friends.

Managers with staff who do not have access to email - please make this guidance available to your staff through noticeboards and at team meetings.

Coronavirus

The Government and NHS are well prepared to deal with coronavirus. You can help too. Germs can live on surfaces for hours.

To protect yourself and others, it is best to:

- **always carry tissues** with you and use them to catch your cough or sneeze
- **bin the tissue**
- to kill germs, **wash your hands with soap and water**, or use a sanitiser gel.

This is the best way to slow the spread of almost any germs - including coronavirus.

Information about the virus

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

Generally, coronavirus 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.

Novel coronavirus (2019-nCov) is a new strain of coronavirus first identified in Wuhan City, China.

What is the risk of catching coronavirus in the UK?

The UK Chief Medical Officers have raised the risk to the public from low to moderate. But the risk to individuals remains low.

Health professionals are working to contact anyone who has been in close contact with people who have coronavirus.

Symptoms usually include:

- a cough
- a high temperature
- feeling short of breath.

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person, but similar viruses spread by cough droplets. There is no specific treatment for coronavirus. Treatment aims to relieve the symptoms.

Advice for returning travellers

- **If you have returned from China in the last 14 days**, follow the specific advice for returning travellers: [GOV.UK - Latest information and advice](#)
- For advice on what to do if you experience the above symptoms and have recently returned from one of the affected areas visit <https://www.nhsinform.scot/coronavirus>

General information

- If you do not have symptoms and are looking for general information, a **free helpline has been set up on 0800 028 2816**.
- For the latest public information on coronavirus visit <https://www.nhsinform.scot/coronavirus>
- There is a Q&A on coronavirus available via the World Health Organisation website at <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>