

# CORONAVIRUS

## HOW TO PREVENT AND CONTROL



## WHAT IS CORONAVIRUS



A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever, sore throat, difficulty breathing and a cough.



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.



While the risk to the UK population remains low, this is a highly precautionary measure to limit the potential spread of infection.

## HOW TO HELP WITH PREVENTION



Make sure you wear appropriate PPE at all times.



Frequently wash your hands and use hand sanitiser that is provided.



Avoid touching your eyes, nose or mouth.



When coughing and sneezing cover mouth and nose with tissue – throw tissue away immediately and wash hands.

## WHAT TO DO IF YOU THINK YOU HAVE THE SYMPTOMS OF CORONAVIRUS

- 1) CALL NHS 111
- 2) STAY INDOORS AND LIMIT CONTACT WITH OTHERS

# CATCH IT - BIN IT - KILL IT