

Please read, this could affect you!

With the ongoing updates on the spread of the Coronavirus in China and other parts of the world there is a heightened awareness to this and how we should respond. As of 10th February 2020, the Secretary of State declares that the incidence or transmission of novel Coronavirus constitutes a serious and imminent threat to public health.

As such the Government has issued guidance advising the public on precautions to prevent the spread of the disease which contains useful information which is summarised below:



How is coronavirus spread between people?

Because it's a new illness, it is not known exactly how coronavirus spreads from person to person, but similar viruses spread by cough droplets. The disease is believed to be more dangerous to older people and those with underlying health conditions.

Symptoms usually include:

A cough
A high temperature
Feeling short of breath.

Treatment for coronavirus

There is no specific treatment for coronavirus. Treatment aims to relieve the symptoms.

General advice on how to avoid catching and spreading germs

Germs and infections are easily spread to other people, if someone has a cold or virus they're infectious until all symptoms have gone. This usually takes a week or two and there are a number things you can do to help stop these spreading and reduce:

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are unwell



Guidance Note

001 / 2020:

Coronavirus (2019-nCoV)

Dated February 2020

- Not sharing towels or household items (like cups) with someone who has a cold
- Not touching your eyes or nose in case you have come into contact with the virus – it can infect the body this way
- Clean and disinfect frequently touched objects and surfaces in the home and work environment
- Staying fit and healthy.

What to do if you feel unwell or have any symptoms

- Avoid contact with others
- Stay at home, do not attend work or school
- Do not travel while sick
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw tissues in the bin
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser if soap and water are not available
- If you are worried about your symptoms, please call NHS 111. Do not go directly to your GP or other healthcare environment
- See further information via the links below.

Further Information

Useful sources of information and updates can be found on the following:

UK Government: <https://www.gov.uk/government/news/novel-coronavirus-and-avian-flu-advice-for-travel-to-china>

Public Health England: <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

NHS: <https://www.nhs.uk/conditions/wuhan-novel-coronavirus/>

World Health Organisation: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

NHS 111 service will provide specific medical advice and guidance should you or someone you know be experiencing any of the above symptoms however if you need any practical support or if you have any questions, please email hello@rdhs-ltd.co.uk or phone your RDHS Health and Safety Consultant; Joe Ryan: 07919 214396 / Hamish Cherrett: 07919 047389 / Jack Bernard: 07821 117103