



Advice Sheet – UPDATED 16 MARCH – Coronavirus (COVID-19)

Always Consult Specific Advice

- In response to the rapidly changing situation, with immediate effect Always Consult has suspended all person-to-person training until further notice. This includes any training sessions, workshops and 1-2-1 training.
- The above training sessions can carry on where possible, remotely.
- We will work with you to try and support alternatives where needed or to simply delay until it is practical.

As previously advised re: COVID-19:

- Most importantly WASH YOUR HANDS and use your judgement.
- If you decide that you need to self-isolate, please discuss immediately with Carol Ewels or Roddy Christie.
- Finally, we will keep the situation under review as it is ever-changing.
- **If after reading you are unsure what you need to do, please ring 0333 444 2467 or email support@alwaysconsult.com.**

What is a coronavirus?

Coronaviruses are a group of viruses that are common across the world, including the common cold. 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.

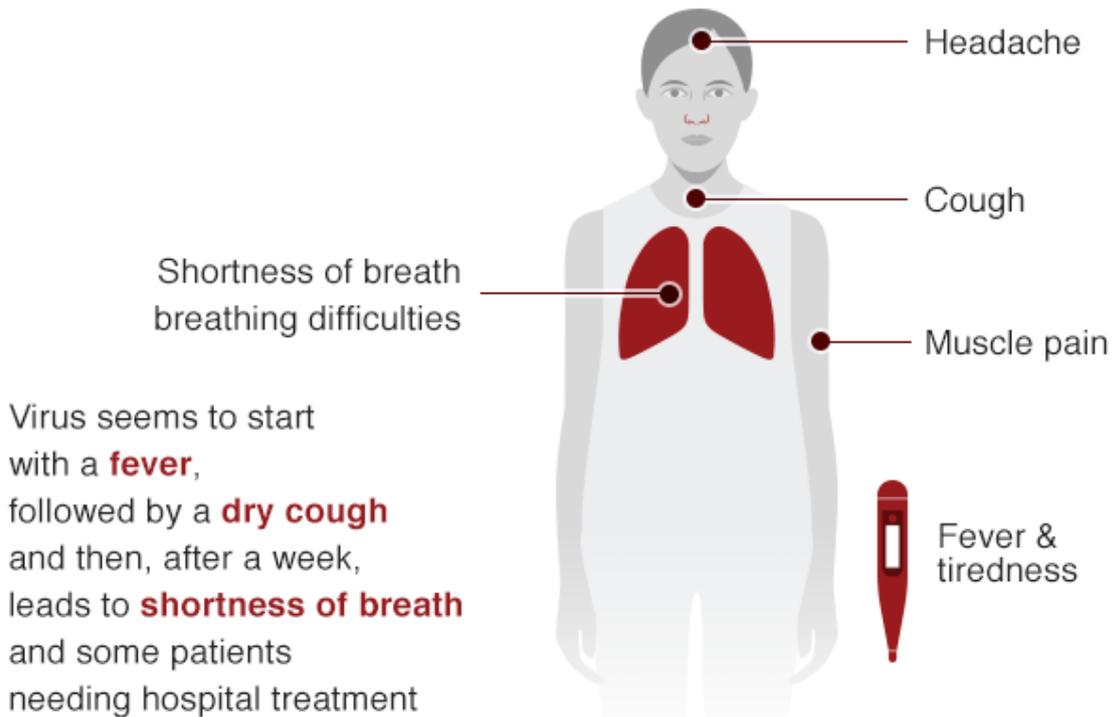
What is COVID-19?

COVID-19 is a new coronavirus that can affect your lungs and airways. Because it is a new virus, we do not know exactly how it spreads from person to person, but

similar viruses spread by close contacts via respiratory droplets generated by sneezing and coughing.

Symptoms of COVID-19

Symptoms of coronavirus (Covid-19)



Source: WHO

BBC

How to stop the virus from spreading

Advice for stopping virus spread



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues
(then wash hands)



If you don't have a tissue
use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Source: NHS

BBC

What to do if you have symptoms

Contact Details:
0333 444 2467
support@alwaysconsult.com

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Coronavirus guidance

Advice for people who think they may have coronavirus

- Step one**  Do not go to a GP surgery, pharmacy or hospital
- Step two**  Contact NHS 111
- Step three**  You may be asked to self-isolate
- Step four**  Your details may be passed to local health protection teams
- Step five**  You may then be tested for the virus
- Step six**  A doctor or nurse will give you advice on what to do next

Source: NHS England/Public Health England

BBC

The NHS has an interactive questionnaire to guide you:

<https://111.nhs.uk/service/covid-19>

What to do if you have returned from overseas and have symptoms

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If you have a cough, or fever, or shortness of breath and have been to any of these places in the last 14 days:

- China
- Republic of Korea
- Singapore
- Vietnam
- Myanmar
- Thailand
- Hong Kong
- Malaysia
- Cambodia
- Northern Italy (north of Pisa)
- Japan
- Taiwan
- Macau
- Laos

Stay indoors and call NHS 111

If you have returned from these specific areas:

- Iran
- Specified towns in the Lombardy and Veneto regions in Northern Italy
- Daegu or Cheongdo in South Korea
- Hubei province (returned in the past 14 days)

**Make your way to your residence.
Stay indoors and contact NHS 111
even if you do not have symptoms**



Visit [NHS.UK](https://www.nhs.uk) for more information

Version 4, Updated 26 Feb 2020

What do I do if asked to “self-isolate”?

You may be asked to stay at home and avoid contact with other people if you have travelled to certain affected areas of the world, if you have been in close contact with someone with coronavirus or are awaiting test results.

This means you should:

- Stay at home
- Not go to work, school or public areas
- Not use public transport like buses, trains, tubes or taxis
- Avoid visitors to your home
- Ask friends, family members or delivery services to carry out errands for you - such as getting groceries, medication or other shopping
- You should make sure any items delivered are left outside, or in the porch, or as appropriate for your home.
- If you live with other people, you may have to take extra measures to reduce the chances of onward infection, such as staying in a separate room and regularly cleaning shared kitchens and bathrooms.
- You may need to do this for up to 14 days to reduce the possible spread of infection.

More detail here: <https://www.gov.uk/government/publications/wuhan-novel-coronavirus-self-isolation-for-patients-undergoing-testing/advice-sheet-home-isolation>

Useful Links

- Public Health England updates: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
- Self-isolation information: when to do/what to do - <https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/>
- FCO travel advice: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Further Questions?

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