



Advice Sheet – REVIEWED 13 AUGUST – Coronavirus (COVID-19)

Always Consult Specific Advice

- **Always Consult continues to suspend all person-to-person training until further notice. This includes any training sessions, workshops and 1-2-1 training.**
- **The above training sessions will be carried out remotely wherever possible.**
- **We will work with you to support alternative methods so that training can progress, or delay until it is practical to continue.**

Latest Government advice on COVID-19:

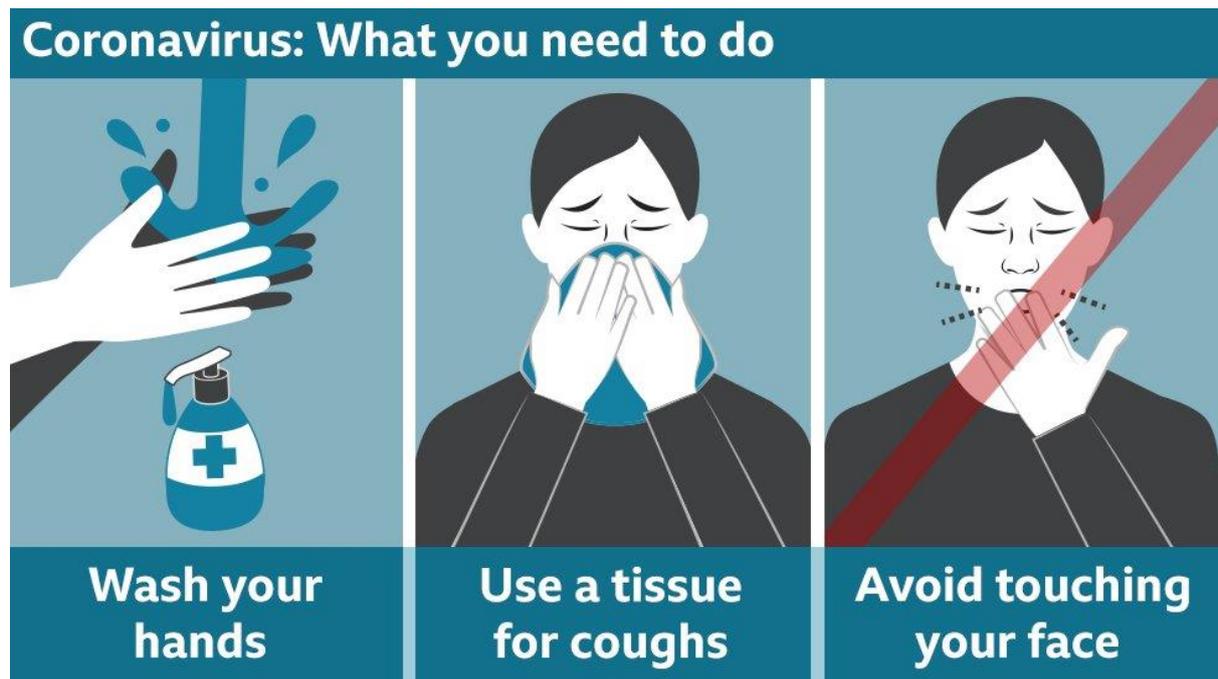
- **Stay alert: We can all help control the virus if we all stay alert. This means you must:**
 - **stay at home as much as possible**
 - **work from home if you can; only go to work if it is safe to do so**
 - **limit contact with other people**
 - **wear a face covering (not the same as a surgical mask) in enclosed spaces, including when visiting museums, galleries, cinemas and places of worship in England. Also in shops, supermarkets, shopping centres, banks, building societies, post offices, railway and bus stations and airports**
 - **follow any local restrictions that have been put in place**
 - **keep your distance if you go out (2 metres apart where possible)**
 - **wash your hands regularly**
- **Do not leave home if you or anyone in your household has symptoms.**

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.

Coronavirus: What you need to do



The image consists of three vertical panels. The first panel shows hands being washed under a stream of water with a bottle of hand sanitizer below. The second panel shows a person coughing into their elbow. The third panel shows a person about to touch their face, with a large red 'X' over the action.

Wash your hands

Use a tissue for coughs

Avoid touching your face



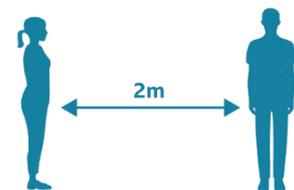
Work from home if you can



If you can't work from home, go back to work as long as safety measures are in place

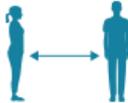


Wear face covering in enclosed spaces, like shops or public transport



But always keep your distance in public

UK rules on meeting up

	England	Scotland	Wales	Northern Ireland
 How many people?	Up to 6	Up to 8 from two households	Any number from two households	Up to 6
 At what distance?	2m apart	2m apart	2m apart	2m apart
 Where?	Anywhere outdoors	Anywhere outdoors, ideally within 5 miles	Anywhere outdoors, ideally within 5 miles	Anywhere outdoors
 From when?	Now	Now	Now	Now

BBC

How to make your own face mask: <https://www.bbc.co.uk/news/uk-52609777>

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.

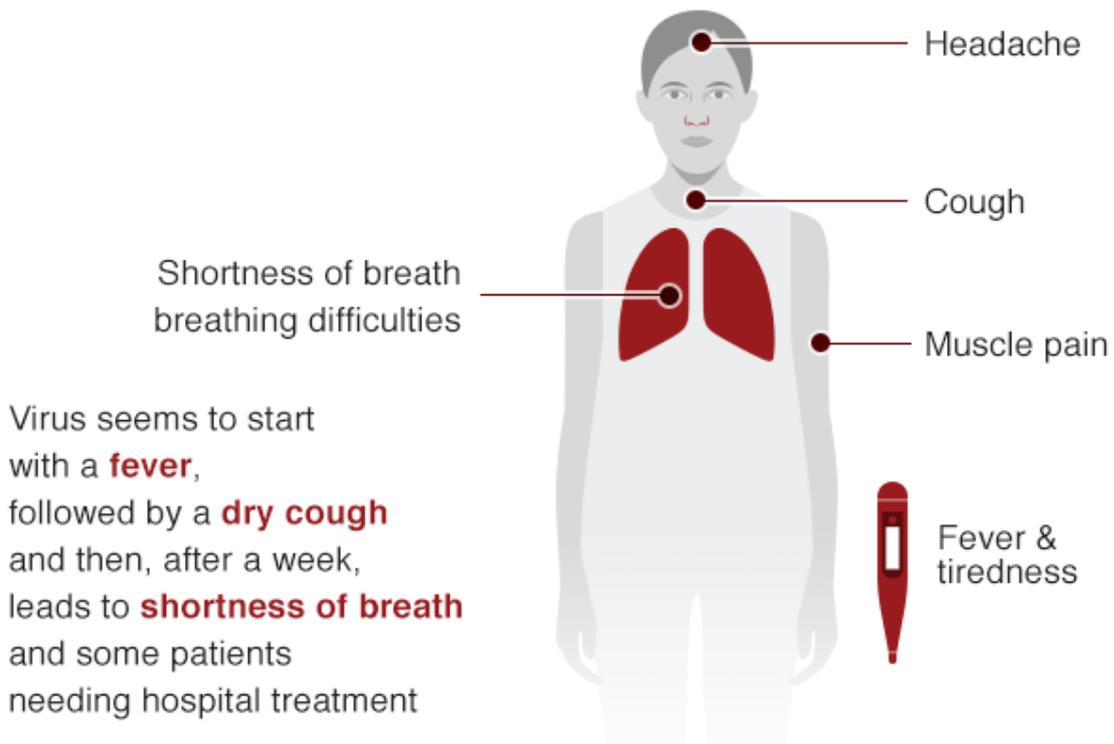
Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

What is COVID-19?

COVID-19 is the disease caused by a new coronavirus named SARS-CoV-2. The disease affects 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

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

What to do if you have symptoms

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

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 25 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/covid-19-stay-at-home-guidance>

Useful Links

- Public Health England updates: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
- FCO travel advice: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Further Questions?

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