

**Toolbox Talk 07 (Issue 2) – Coronavirus (COVID-19)**

<b>Reason</b>	<p>As of 9am on 9 March 2020, 24,960 people have been tested in the UK, of which 24,641 were confirmed negative and 319 were confirmed as positive.</p> <p>Three patients who tested positive for COVID-19 have died.</p>
<b>Outline</b>	<p>Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.</p> <p>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.</p> <p>Novel coronavirus (COVID-19) is a new strain of coronavirus first identified in Wuhan City, China.</p> <p>Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.</p> <p>Similar viruses are spread in cough droplets.</p> <p>It's very unlikely it can be spread through things like packages or food.</p> <p>Most people can continue to go to work, school and other public places.</p> <p>The symptoms of coronavirus are:</p> <ul style="list-style-type: none"> <li>• a cough,</li> <li>• a high temperature,</li> <li>• shortness of breath.</li> </ul> <p>But these symptoms do not necessarily mean you have the illness.</p> <p>The symptoms are similar to other illnesses that are much more common, such as cold and flu.</p>

<p><b>Advice</b></p>	<p>Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days, even if you do not have symptoms:</p> <ul style="list-style-type: none"> <li>• Iran</li> <li>• Hubei province in China</li> <li>• Lockdown areas in northern Italy</li> <li>• Special care zones in South Korea</li> </ul> <p>Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days and have a cough, high temperature or shortness of breath, even if your symptoms are mild:</p> <ul style="list-style-type: none"> <li>• Mainland China outside of Hubei province</li> <li>• Italy outside of the lockdown areas</li> <li>• South Korea outside of the special care zones</li> <li>• Cambodia</li> <li>• Hong Kong</li> <li>• Japan</li> <li>• Laos</li> <li>• Macau</li> <li>• Malaysia</li> <li>• Myanmar</li> <li>• Singapore</li> <li>• Taiwan</li> <li>• Thailand</li> <li>• Vietnam</li> </ul> <p>Use the 111 online coronavirus service to find out what to do next.</p>
<p><b>Protection to Workers</b></p>	<p>If an outbreak of Coronavirus is confirmed at your workplace, you should stop work immediately, report to your Manager, then go home.</p> <p>If you get a cough, a high temperature, or you feel short of breath, you must inform your Supervisor or Manager immediately.</p> <p>Your Supervisor or Manager will notify head office immediately and the client will be informed.</p>

<p><b>Prevention Control</b></p>	<p>If you get a cough, a high temperature, or you feel short of breath, continue to follow this advice. Do not leave your house.</p> <p>Things you can do to help stop germs like coronavirus spreading: -</p> <ul style="list-style-type: none"> <li>• Carry tissues with you, use them to catch your cough or sneeze.</li> <li>• Then bin the tissue, and wash your hands, or use a sanitiser gel.</li> <li>• Wash your hands often, for 20 seconds with soap and hot water, especially after using public transport.</li> <li>• Use a hand sanitiser gel if soap and water are not available.</li> <li>• Avoid touching your eyes, nose, mouth with unwashed hands.</li> <li>• Avoid close contact with people who are unwell can minimise the risk of spreading disease.</li> </ul>
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## Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**




If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water





## Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



**Throw tissue into closed bin immediately after use**



**Clean hands** with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

