

COVID-19

(coronavirus)



What is COVID-19 (coronavirus)?

- Coronaviruses are a large family of viruses that are common across the world
- These viruses can cause mild symptoms ranging from a fever and cough to more serious conditions such as pneumonia, shortness of breath and breathing difficulties
- The coronavirus (COVID-19) was first identified in December 2019 in Wuhan City, China
- This virus has now spread to other countries across the world
- The UK Chief Medical Officers have declared the risk to the public to be moderate, but the risk to individuals remains low

How is the virus spread?

- It is most likely to happen where there is close contact (within 2 metres) of an infected person.
- It is carried through droplets produced when an infected person coughs or sneezes.



- Droplets can be transferred directly into the mouths or noses of people who are nearby or inhaled into the lungs.



- Some people can become infected by touching a surface or object that has been contaminated and then touching your own mouth nose or eyes eg: touching a door knob or shaking hands then touching your own face.

What can I do to protect myself?

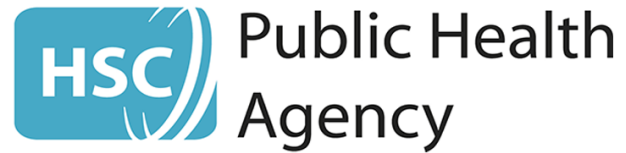
- Wash your hands regularly through the day for 20 seconds each time with soap and water or hand sanitiser gel especially when you:
 - get home or come into EOTAS
 - blow your nose, sneeze or cough
 - are going to eat or handle food
 - use the toilet
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are unwell



“Hand hygiene video COVID-19” from Public Health Agency on Vimeo.

The video is available for your viewing at <https://vimeo.com/396666812>

If you cough or sneeze



CATCH IT.



BIN IT.



KILL IT.

Symptoms of the coronavirus

- If you start to feel unwell and have a **high temperature** and/or a **persistent cough** :-
tell your parent or staff
 - seek advice from the Public health website
 - Contact your doctor by phone – do not go to the doctors, hospital or chemist
 - Follow your doctor's advice and stay at home for seven days

What will we do to help you?

- Help you to understand the corona virus and how to protect yourself
- Remind you to wash your hands regularly
- Keep a clean and tidy Centre
- Regularly clean and disinfect frequently touched objects and surfaces
- Keep you and your family informed of any changes or advice from the Public Health Agency
- Continue to run as normal until we are advised otherwise
- Help you keep up with your work if the Centre has to close

If you have any concerns
speak to a member of staff



**KEEP
CALM
AND**



**WASH
YOUR HANDS**

