

Coronavirus (2019-nCoV)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. Coronavirus is a viral disease that can cause coughing, fever and difficulty breathing. It can be more severe in older people, those with weakened immune systems and some long-term conditions like diabetes or cancer.

You can get information and advice about coronavirus online by visiting www.nhsdirect.wales.nhs.uk/COVID19/

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild infection.

Stay at home if you have coronavirus symptoms

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started.
- if you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions [screen shot explaining underlying health conditions]) out of your home, to stay with friends or family for the duration of the home isolation period. If you cannot move vulnerable people out of your home, stay away from them as much as possible
- do not go to a GP surgery, pharmacy or hospital. You do not need to contact 111 to tell them you're staying at home.
- if you feel you cannot cope with your symptoms at home, or your condition gets worse contact 111.
- If you are deaf, you can contact NHS 111 using Interpreter Now.

Tips for staying at home

It's important to stay at home to stop coronavirus spreading. This action will help protect others in your community whilst you are infectious.

Do

- plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household
- ask your employer, friends and family to help you to get the things you need to stay at home
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser

- try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- ask friends or family to drop off anything you need or order supplies online, but make sure these are left outside your home for you to collect
- sleep alone if possible
- make sure that you keep in touch with friends and family over the phone or through social media
- drink plenty of water and take everyday painkillers, such as paracetamol to help with your symptoms

Don't:

- do not have visitors (ask people to leave deliveries outside)
- do not leave the house, to go work, to school or public places and do not use public transport or taxis.

How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food.

How to avoid catching or spreading coronavirus

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- try to avoid close contact with people who are unwell

Don't

- do not touch your eyes, nose or mouth if your hands are not clean

Treatment for coronavirus

- There is currently no specific treatment for coronavirus.
- Antibiotics do not help, as they do not work against viruses.
- Treatment aims to relieve the symptoms while your body fights the illness.
- You'll need to stay in isolation, away from other people, until you have recovered.

(This information is accurate as of 17th March 2020)