

Coronavirus

- A Global Pandemic -

Reference: NHS, 2020. *Coronavirus (COVID-19)* [online]. Website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

High-risk groups



Elderly



Breathing
diseases



Heart disease



Diabetes



Pregnancy



Immunosuppressed

What is coronavirus?

A virus which affects the lungs



It spreads via droplets from
coughing and sneezing

Most people develop mild symptoms,
but in some it can cause death



What are the symptoms?



Fever



Cough



Loss of sense
of smell or taste



Breathing
difficulty



Muscle
ache

If you have symptoms...

Rest at home for **7 days** separately in your room

&

Those who live in the house
should stay indoors for **14 days**

Seek medical assistance...

If your symptoms persist
for longer than 7 days

OR

If you are struggling with
your symptoms within
7 days



How to Stay Safe

Hygiene



20
seconds

Only leave the house for essential activities.
For example, to buy food, to exercise and to
help those in high risk groups.

Do not believe everything that you read
on your mobile phones. Reliable
sources of information include:



NHS

Social Distancing

2 metres



Regularly wash your hands with soap.
If you head outdoors, wash your
clothes and any surfaces you touch.

Information and images from:



Coronavirus

- Spread and prevention -

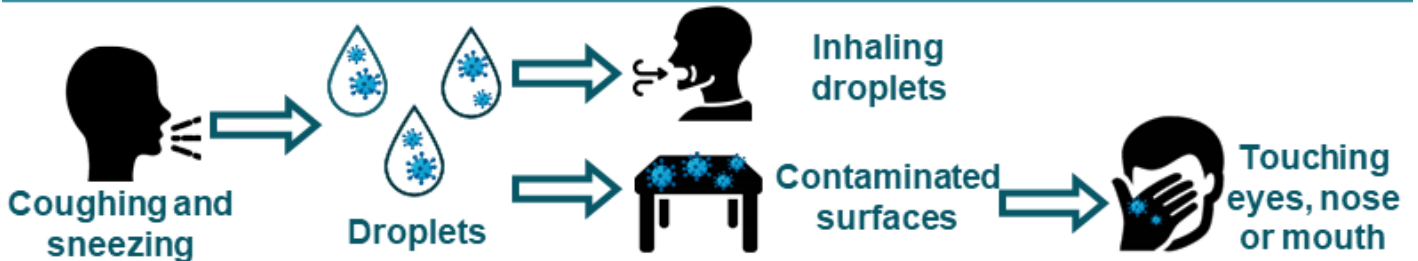
COVID-19



Infographics

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How does the virus spread?



How to prevent spread?

1. HYGIENE

Handwashing is the most important action to prevent spread

Use **soap** or **antibacterial gel / handwash** Scrub for at least* **20 seconds**



Avoid touching your face



Wash your clothes after you go out



Gloves in public are not recommended



Clean surfaces regularly

2. SOCIAL DISTANCING



3. FACE COVERINGS

are advised for the following:



HEALTHCARE WORKERS



IN BUSY AREAS



PUBLIC TRANSPORT



THOSE WITH SYMPTOMS



CARERS LOOKING AFTER INFECTED

Using coverings in public is most effective if combined with hand hygiene

If you wear a mask:

- 1 Cover your mouth and nose
Do not **touch** the mask!
- 2 Remove mask from **behind**
Dispose mask if damp
- 3 Afterwards **wash** your hands with soap



Coronavirus

- Self-care -

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NICE, 2020. Coronavirus (COVID-19) [online]. Website: <http://www.nice.org.uk/covid-19>

If you have symptoms, or if you live with someone who has symptoms...

You must **SELF ISOLATE**, i.e. stay at home and have no visitors



7 days for those with symptoms & **14** days for those who live with them



What if you live with those in the high-risk group?

Self-isolate in your room away from them

OR

Arrange for them to stay elsewhere for the 14 days



How should you take care of yourself?

Only the following home treatments are recommended:

Paracetamol at recommended doses for fever and aches



A teaspoon of honey for coughs

Breathing exercises if you have difficulty breathing



If you notify your friends or neighbours, they can help bring you any food or essentials



Keep hydrated

Maintain hygiene



Take lots of rest

When should you seek medical assistance?

If you are struggling with your symptoms at home:



Call 111 or your local GP for advice

If your health worsens...

For example, it becomes more difficult to breathe:



Go to your nearest hospital

BACK TO SCHOOL

Checklist for parents



Monitor your **child's health** after school and keep them home if they show symptoms of COVID-19



DON'T TOUCH EYES/MOUTH/NOSE



Teach and encourage **good hygiene** practices – see part two!



Emphasise the importance of being **kind and considerate** to each other



Keep **communicating with schools** to stay up-to-date with the safety measures in place



Encourage your children to **express feelings** and **ask questions** with you and teachers



SOURCE: GOV.UK, WHO

“WHAT IF MY CHILD BECOMES ILL WITH COVID-19”



IF YOUR CHILD HAS SYMPTOMS, THEY CAN BE **TESTED**

IF THEY TEST POSITIVE, THEY SHOULD **SELF-ISOLATE** FOR **7 DAYS** AND OTHER HOUSEHOLD MEMBERS FOR **14 DAYS**

YOU SHOULD **NOTIFY** THE SCHOOL AND YOU CAN **REQUEST** WORK FOR YOUR CHILD TO DO AT HOME

TRY TO **EXPLAIN** WHAT IS HAPPENING AND **REASSURE** YOUR CHILD

