Marsh Medical Practice
Coronavirus

Information about the virus

Coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

The current evidence is that most cases appear to be mild. Those who have died in Wuhan appear to have had pre-existing health conditions; 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.

Novel coronavirus (2019-nCov) is a new strain of coronavirus first identified in Wuhan City, China.

Current Recommendations:

If you have travelled from an affected area to the UK in the last 14 days **OR** if you have travelled from an area specified by the Government (see link below) and develop symptoms of cough or fever or shortness of breath you should immediately

- Stay indoors and avoid contact with other people as you would with the flu
- Call NHS 111 to inform them of your recent travel to the area

If you have any concerns or have had contact with someone who has recently travelled to an affected area and they are now unwell, please **CONTACT 111**

UNDER NO CIRCUMSTANCES SHOULD YOU COME TO THE PRACTICE

You may be placing vulnerable patients at risk and this may lead to the temporary closure of the Surgery.

Please review the current Government advice at: www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public and NHS guidance at: www.nhs.uk/conditions/wuhan-novel-coronavirus/ . These sites are updated regularly.

How to Avoid Catching and Spreading Germs

There are things you can do to help stop germs like coronavirus spreading:

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel. **CATCH IT, BIN IT, KILL IT**
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are unwell

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Working with you