

CORONAVIRUS (COVID-19) FACTSHEET

LATEST INFORMATION
ON THE CORONAVIRUS
AS OF 26 FEBRUARY 2020

FACTSHEET PROVIDED BY
SERVISOURCE HEALTHCARE



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WHAT IS IT?

Coronavirus disease 2019 also referred to as **COVID-19** is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

HOW IS IT SPREAD?

The coronavirus is most likely spread from person-to-person through:

- Close contact with a person who has the infection.
- Contact with a person with the confirmed infection who coughs or sneezes.
- Touching objects or surfaces (e.g. door handles or tables) that have been contaminated from a cough or sneeze from a person with the confirmed infection, and then touching your mouth or face.



HOW CAN WE STOP IT SPREADING?

Practising good hand and sneeze/cough hygiene is the best defence against COVID-19. Its important to:

- Wash your hands regularly with soap and water, before and after eating and after going to the toilet.
- Cover your cough or sneeze either with a tissue or into your elbow, discard of any tissues and use alcohol-based hand-sanitiser. **Always wash your hands after sneezing or coughing.**
- If feeling unwell, avoid contact with others (e.g. touching, hugging etc.)



WHAT ARE THE SYMPTOMS?

The most common symptoms of COVID-19 are:

- Fever, tiredness, and dry cough.
- Some people infected may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.
- It is possible to become infected but not develop any symptoms or feel unwell. Around 80% of people will recover from the disease without needing special treatment.





WHAT TO DO IF A MEMBER OF STAFF BECOMES ILL?

In the following cases workers must inform their manager and cannot go to work if they have:

- Travelled through mainland China in the last 14 days (they must also isolate themselves for 14 days from leaving mainland China).
- Been in close contact with a confirmed case of coronavirus in the last 14 days (they also must isolate themselves for 14 days after the date of last contact with the confirmed case).
- If a person was in China in the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care.

WHAT TO DO IF YOU BECOME ILL?

- If you've recently returned from mainland China or from a heavily infected area and notice you have flu-like symptoms, isolate yourself for 14 days or until you are symptom free .
- Avoid going into public, if it necessary you have to go into public wear a face mask which can be found at all local pharmacies or contact Servisource if you need one.

WHAT IS SELF-ISOLATION?



If a worker/yourself is required to self-isolate themselves, then they should be advised to remain at home for 14 days following their last exposure to the infection and avoid close contact with other people completely. They should:

- Avoid having visitors and ask friends and family to drop off any food or medicines that they may require.
- Avoid leaving the house at all costs and not go to work, school, public areas or use public transport
- Don't go to the GP or A&E
- If going into public, wear a facemask which can be found at all local pharmacies.

HANDWASHING TECHNIQUES TO STAY HEALTHY



Follow these five steps every time.

- Wet your hands with clean, running water (temperature does not matter), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel.



C O R O N A V I R U S

COMMON QUESTIONS

Is there a vaccine to prevent or cure Coronavirus?

There is currently no vaccine to treat or protect against coronavirus.

Do I need to wear a face mask?

It is not necessary to wear a face mask if you are well. If you have flu like symptoms and are going into the public, wear a face mask. Face masks can be found at all local pharmacies or Servisource will provide you with one if required.

There is someone in my child's school/university who has just returned from China or another infected area, what should I do?

- Any person who has returned from Wuhan or Hubei province in the last 14 days or any heavily infected area of the virus should avoid attending school, work or university.
- People from these specified areas are advised to stay at home if they develop symptoms.
- All other students should continue to attend school or university



COVID-19 KEY FACTS

- It is most likely to be spread through coughs and sneezes when a person is infectious. **Sneeze into your elbow** and always wash your hands after sneezing/coughing.
- There is a possibility that the virus can spread from surface to human contact.
- You must **not go** to A&E if you are unwell and think you may have COVID-19.
- You must call your GP or ring **112** or **999** if you think you have coronavirus.
- Good hand hygiene is one of the best ways of preventing the spread of the virus. Cough etiquette helps too.

All information found in this article has been gathered from the World Health Organisation, Health Service Executive, National Health Service and the Centers for Disease Control and Prevention.

All information is accurate as of the 26 February 2020 and may be subject to change.

To keep informed of any changes in these guidelines please go to www2.hse.ie or www.who.int