

CORONAVIRUS (COVID-19) FACTSHEET

LATEST INFORMATION
ON THE CORONAVIRUS
AS OF JANUARY 2021

FACTSHEET PROVIDED BY
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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 into your elbow, and use hand-sanitiser. **Always wash your hands after sneezing or coughing.**
- Wear a mask when in public. It is mandatory to do so.
- 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. It can take up to 14 days for symptoms to appear. **The virus will still be contagious even if you're symptom free.**



WHAT TO DO IF A MEMBER OF STAFF OR CLIENT BECOMES ILL?

In the following cases workers must enter self-isolation and inform their manager that they cannot go to work if they have:

- Travelled through a country not on the green list in the last 14 days or had contact with someone who has. (they must also isolate themselves for 14 days).
- Have any Covid-19 symptoms.
- 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).

WHAT TO DO IF YOU BECOME ILL?

- If you've recently returned from a country not on the green list or have had any contact with someone who has, **you must self-isolate for 14 days**. If you are still symptom free after those 14 days you may ask your manager to return to work.
- Self-isolate at home and avoid going into public at all costs.

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 do not go to work, school, public areas or use public transport.
- Don't go to the GP or A&E.

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?

The first vaccine being used is the Pfizer BioNtech vaccine, called Comirnaty which received European Medicines Agency (EMA) and EC marketing authorisation on December 21st 2020. Each different vaccine will be reviewed and licensed separately by the EMA.

Do I need to wear a face mask?

It is now mandatory regulation to wear a face mask while in public. There are no exceptions. Failure to do so could result in a fine of up to €2500.

Travel & Coronavirus

All travelers coming into the State from any country will have to provide a negative PCR test from the previous 72 hours under new plans agreed by Cabinet.

If you arrived from Great Britain or South Africa since Dec 10th 2020 you must self-isolate (stay in your room) for 14 days from when you arrived into Ireland. This is stricter advice than usual and is in place because of the spread of new strains of Covid-19 within GB and South Africa. They are more easily spread than other strains of the virus.



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 January 2021 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