# Coronavirus Guidance

## What is the Coronavirus?

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 severe pneumonia causing shortness of breath and breathing difficulties.

Generally, 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.

There are things you can do to help stop viruses like Coronavirus spreading:

**Do**

- ✓ 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. **See Catch it, Bin it, Kill it**
- ✓ Wash your hands with soap and water often, use hand sanitiser gel if soap and water are not available. **This is particularly important:**

  - After taking public transport, on arrival at destination
  - After using the toilet
  - Before food preparation
  - Before eating any food, including snacks

- ✓ Try to avoid close contact with people who are unwell
- ✓ Clean and disinfect frequently touched objects and surfaces

**Don't**

- X Touch your eyes, nose or mouth if your hands are not clean

The NHS website has more information about how you can reduce the possible spread of infection.

## What is Maldon District Council Doing?

The Corporate Leadership team and extended Leadership Team have met to formulate our plan to make sure we safeguard our staff, customers and the Council's ability to deliver our services.

The precautionary advice we have given currently is to;

- not to shake hands with colleagues or visitors
- to advise their manager of any holiday plans
- to follow the advice from PHE and the Government
- to ensure desk and phones are cleaned each day
- to encourage the use of our digital services
- to consider alternative ways to attend meetings either via video or teleconferencing if a member of staff is concerned about their attendance

We are also preparing should we need to ask staff to work remotely, which they currently can do seamlessly.

Should Coronavirus escalate we will also look to implement additional business continuity measures which could mean reviewing how we deliver our services.

## What to do if you or a member of your family suspect that you may have the Coronavirus

If you are worried about your symptoms or those of a child, family member or colleague, use the 111 Coronavirus Service Tool or call 111 if you would prefer to speak to someone.

**Do not** go to a GP surgery, pharmacy, hospital, or any other healthcare environment. Stay indoors and avoid close contact with others.

## Government Guidelines

There has been a lot of information in the media about the Coronavirus and what preventative measures we should be taking.

Based on the World Health Organisation's declaration that this is a public health emergency of international concern, the UK Chief Medical Officers (*at the time of writing*) have raised the risk to the public from low to moderate. This permits the Government to plan for all eventualities. At the moment the risk to individuals in the UK remains low.

There is currently a list of countries/areas (*detailed below*) where, if you have recently returned from them (*since 19 February 2020)* the Government is advising people to self-isolate and work from home for 14 days even if they **DO NOT** have the symptoms.

If you have visited any of these areas, you should call the NHS on 111 to inform them of recent travel.

## Returning travelers

Stay indoors and avoid contact with other people immediately if you've travelled to the UK from:

- Hubei province in China in the last 14 days, even if you do not have symptoms

- Iran, *lockdown areas in northern Italy or *special care zones in South Korea since 19 February, even if you do not have symptoms

- Other parts of mainland China or South Korea, Hong Kong, Japan, Macau, Malaysia, Singapore, Taiwan or Thailand in the last 14 days and have a cough, high temperature or shortness of breath (even if your symptoms are mild)

- Other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Cambodia, Laos, Myanmar or Vietnam since 19 February and have a cough, high temperature or shortness of breath (even if your symptoms are mild)

Use the 111 online coronavirus service to find out what to do next.

*Lockdown areas in northern Italy:

- *Lombardy: Codogno, Castiglione d'Adda, Casalpusterlengo, Fombio, Maleo, Somaglia, Bertonico, Terranova dei Passerini, Castelgerundo and San Fiorano*

- *Veneto: Vo' Euganeo*

*Special care zones in South Korea:

- *Daegu*

- *Cheongdo*

The Government is carrying out enhanced monitoring of direct flights from the affected areas. Passengers will be told how to report any symptoms they develop during the flight, at the time of arrival, or after leaving the airport.

Please use the embedded link provided to access the latest Government Information & Advice including Advice for Travellers.