

Information about the coronavirus (COVID-19)

DO NOT come to the practice with cough, fever symptoms or shortness of breath if you have been to **Cambodia, China, Hong Kong, Iran, Northern Italy (anywhere north of Pisa, Florence and Rimini), Japan, Laos, Macau, Malaysia, Myanmar (Burma), Singapore, South Korea, Taiwan, Tenerife - only the H10 Costa Adeje Palace Hotel, Thailand or Vietnam.**

Call 111 or [click here](#) for advice on testing.

Do not go to your GP surgery, hospital or pharmacy if you have symptoms of coughing or fever or shortness of breath and:

You've been to a country with a risk of coronavirus ([check the list of countries](#)) and have become unwell within 2 weeks of returning, or

You've been in contact with someone with a confirmed case of coronavirus
Call 111, stay indoors and avoid close contact with other people. Tell 111 about any recent travel and any symptoms you have.

A UK wide campaign has been launched to provide clear advice on how to slow the spread of coronavirus. Please help to support the campaign which promotes basic hygiene practices, such as regularly washing hands and always sneezing into a tissue, to stem the spread of viruses.

You can read more about coronavirus on [NHS.uk](https://www.nhs.uk). Call 111 or click [here](#) for advice on testing.

You have already called 111 and have been asked to consult with a GP

If you have spoken to 111 and they have said that you DO NOT NEED TESTING and you would like advice from the practice please can you complete an online consultation [here](#) (over six months of age) or arrange an urgent telephone appointment.

Please watch the following videos for more information

<https://youtu.be/TsdFFrEOcrQ>

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Here's how you can help prevent the spread of coronavirus and other "common cold" viruses

Reduce your risk of coronavirus infection:

-  **Clean hands with soap and water or alcohol-based hand rub**
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow** 
-  **Avoid close contact with anyone with cold or flu-like symptoms**
- Thoroughly cook meat and eggs** 
-  **Avoid unprotected contact with live wild or farm animals**

 **World Health Organization**

 HM Government 

  

CATCH IT. BIN IT. KILL IT.





HM Government



CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

Germs can live on some surfaces for hours.

To protect yourself and others:

- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel.
- If you have arrived back from China within 14 days follow the specific advice for returning travellers.

This is the best way to slow the spread of almost any germs, including Coronavirus.

Find out more at gov.uk/coronavirus

