**CATSFIELD PARISH COUNCIL**

# **Advice from the NHS & Government**

**COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.**

## Stay at home if you have coronavirus symptoms

Stay at home for 7 days if you have either:

* A high temperature, you feel hot to touch on your chest or back
* A new continuous cough, this means you are coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

**Use the NHS 111 online coronavirus service if:**

* You feel you cannot cope with your symptom’s at home
* Your condition gets worse
* Your symptom’s do not get better after 7 days

**Only call 111 if you cannot get help online.**

## How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food.

## How to avoid catching or spreading coronavirus

**Don't**

## Do not touch your eyes, nose or mouth if your hands are not clean

**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 and wash your hands afterwards try to avoid close contact with people who are unwell

## Treatment for coronavirus

There is currently no specific treatment for coronavirus.

Antibiotics do not help, as they do not work against viruses.

Treatment aims to relieve the symptoms while your body fights the illness.

You'll need to stay in isolation, away from other people, until you have recovered.

Please to keep up-to-date with the latest Central Government public health information and follow this guidance, which supersedes this document in the event this document has not been updated: <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>