Covid-19 General Information & Questions

PAM OH Solutions

What is COVID-19?

COVID-19 is a type of coronavirus with unique properties. Typical symptoms of COVID-19 include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties. Generally, COVID-19 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. COVID-19) is a new strain of coronavirus first identified in Wuhan City, China.

What is the risk level?

Based on the World Health Organization's declaration that this is a public health emergency of international concern, the UK Chief Medical Officer have raised the risk to the UK from moderate to high.

Are face masks useful for preventing coronavirus?

Face masks play a very important role in places like hospitals, but there is little evidence of widespread benefit for members of the public.

For the vulnerable and elderly, there is further guidance:
https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults
For those who have symptoms, refer to the following guidance on isolation: https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-COVID-19-covid-19-infection

You also need to self-isolate if you have confirmed coronavirus and been in close contact with someone with confirmed coronavirus.

For those who are considered exceptionally vulnerable to COVID-19, guidance on isolation and support can be viewed in the link:

ref https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19

Is there a vaccine for COVID-19?

There is currently no vaccine for COVID-19.The virus is so new and different that it needs its own vaccine. Simple hygiene measures like washing your hands with soap and water often, and social distancing between each other of 2 meters apart can help stop viruses like COVID-19 spreading.

Do vaccines against pneumonia protect against COVID-19?

COVID-19 is so new and different that it needs its own vaccine. Although the pneumococcal (pneumonia) vaccine is not effective against COVID-19, it is still recommended that you have it if offered to you because it can protect against other illnesses.

Self-Isolation
How should I isolate myself if I think I might have COVID-19?

If there's a chance you could have COVID-19, you need to self-isolate and refer to the guidance on isolation. This means you should:

- Stay at home.
- Not go to work.
- Ask friends, family members or delivery services to carry out errands for you.
- Not use public transport or taxis
- Do not go to your GP practice, pharmacy or hospital.
- Try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food.
- You may need to do this for up to 14 days to help reduce the possible spread of infection.

Stay Covid-19 Safe
✓ Hygiene
✓ Wash hands regularly

- You may need to do this for up to 14 days to help reduce the possible spread of infection.
- Read more coronavirus self-isolation advice: https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection

What should I do if I become unwell with possible coronavirus while I'm out and about?

- Do not go to a GP surgery, pharmacy or hospital
- Try to find a room to isolate yourself away from others. Ask for help if you need to, but try to stay at least 2 metres away from other people.
- Open a window for ventilation if you can, but otherwise touch objects and surfaces as little as possible.
- Try to avoid close contact with other people and touch objects and surfaces as little as possible.

Testing & Treatment
What will happen if a health professional thinks I could have coronavirus?

If you could have coronavirus, 111 will notify your local health protection team and direct you to your most appropriate testing location.

The health protection team will take some samples to test for coronavirus.

This may include samples of:

- Mucus from your nose, throat or lungs
- Blood
- Poo (stool sample)

You may be isolated from other people until it's confirmed if you do or do not have coronavirus.

Can antibiotics treat or prevent coronavirus?

Antibiotics do not work against coronavirus, as they work against bacteria and coronavirus is a virus.

But antibiotics may be given to some people with coronavirus because there's a risk the virus may make them more likely to get a bacterial infection as well.

Are there any medicines to prevent or treat the new coronavirus?

There is currently no specific medicine to prevent or treat coronavirus (COVID-19), but there are treatments to relieve the symptoms while your body fights the illness. Phone you GP surgery for advice if need be.

ref https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

Stay Covid-19 Safe

✓ **Hygiene**

✓ **Wash hands regularly**