

Health Brief

Coronavirus COVID-19



Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe, possibly fatal, diseases such as Severe Acute Respiratory Syndrome (SARS-CoV). COVID-19 is a new strain that has not been previously identified in humans.

Please follow these guidelines:

Symptoms of Coronavirus (Covid-19)

Headache

Cough

Shortness of breath
breathing difficulties

Muscle pain

Fever & tiredness

Virus seems to start with a **fever**, followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment

The incubation period of COVID-19 is between **2 to 14 days**.

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer, high blood pressure and chronic lung disease.

If these symptoms are observed by any Barr Environmental Staff they must self-isolate and inform their manager of the circumstances.

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A few simple precautions to ensure robust hygiene makes a major difference to containing the spread of this virus, as outlined below:

Advice for stopping virus spread



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues (then wash hands)



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

The amount of infectious virus on any contaminated surfaces is likely to have decreased significantly by 72 hours.

Please use hand sanitisers provided at all sites.

Similar viruses are transferred to and by people's hands. Therefore, regular hand hygiene and cleaning of frequently touched surfaces will help to reduce the risk of infection.

Face masks are not recommended to protect from infection, as there is no evidence of benefit from their use outside healthcare environments.

Coronavirus guidance

Advice if symptoms of Coronavirus are observed:

Step One:



Contact your manager, inform them of your current situation and that time off will be required.

Step Two:



DO NOT go to a GP Surgery, Pharmacy or Hospital.

Step Three:



Contact NHS 111