

Advisory Reference R4995

Coronavirus Advice

10th February 2020

Current Advice from Public Health England

Information about the virus

A 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 a 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.

Novel coronavirus (2019-nCov) is a new strain of coronavirus first identified in Wuhan City, China.

Symptoms of coronavirus

Symptoms usually include:

- a cough
- a high temperature
- feeling short of breath

How is coronavirus spread between people?

Because it's a new illness, it is not known exactly how coronavirus spreads from person to person, but similar viruses spread by cough droplets.

How to avoid catching and spreading germs

There are things you can do to help stop germs like coronavirus spreading:

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are unwell
- If you have arrived back from China or specified areas in the last 14 days, follow the advice on this page for returning travellers

Travellers from Wuhan and Hubei Province

Most people who develop symptoms will get them after leaving the airport and so the priority is providing UK residents and travellers with the latest information to make sure they know what to do if they experience symptoms.

Current advice from Public Health England is that if you have travelled from Wuhan or Hubei Province to the UK in the last 14 days you should immediately:

- stay indoors and avoid contact with other people as you would with the flu
- call NHS 111 to inform them of your recent travel to the area

In Scotland phone your GP or NHS 24 on 111 out of hours. If you are in Northern Ireland, call 0300 200 7885.

Please follow this advice even if you do not have symptoms of the virus.

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Travellers from other parts of China and other specified areas

This advice applies to travellers who have returned to the UK from the following areas:

- China
- Thailand
- Japan
- Republic of Korea
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau

If you have returned to the UK from any of these areas in the last 14 days and develop symptoms of cough or fever or shortness of breath, you should immediately:

- stay indoors and avoid contact with other people as you would with the flu
- call NHS 111 to inform them of your recent travel to the country

In Scotland phone your GP or NHS 24 on 111 out of hours. If you are in Northern Ireland, call 0300 200 7885.

Please follow this advice even if your symptoms are minor.

What this means in practice

People are being asked to take simple, common-sense steps to avoid close contact with other people as much as possible, like they would with other flu viruses.

This means remaining at home for 14 days after arriving from Wuhan or Hubei Province (or elsewhere in China if you have symptoms) and not going to work, school or public areas.

Where possible, you should avoid having visitors to your home, but it's ok for friends, family or delivery drivers to drop off food.

Transport

You should not use public transport or taxis until 14 days after your return from Wuhan or Hubei Province (or elsewhere in China if you have symptoms).

Getting food and medicine

We recommend that you stay at home for 14 days after arriving from Wuhan or Hubei Province (or elsewhere in China if you have symptoms), and avoid public places. Where possible, contact a friend, family member or delivery services to carry out errands on your behalf.

Taking children to school

We recommend that you stay at home for 14 days after arriving from Wuhan or Hubei Province (or elsewhere in China if you have symptoms), and avoid public places. Where possible, contact a friend or family member to take your children to school.

Why the advice has changed

This is an evolving situation and the advice has changed based on emerging information from China about the number of cases and spread of the infection from person to person.

This is a highly precautionary measure to limit the potential spread of infection.