



## Factual Update - Coronavirus (COVID-19)

### What is Coronavirus?

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. Like other infections caused by viruses – such as Influenza or “the Flu” - antibiotics are not an effective treatment unless there is a secondary bacterial infection

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. The vast majority of deaths around the world are in this group. For >80% of the population and well over 90% of younger patients they will have a mild self-limiting illness.

Novel coronavirus (COVID-19) is a new strain of coronavirus first identified in Wuhan City, China.

### How many cases are there in the UK and Scotland?

As of 5/3/20: In the UK there are now 90 positive cases.

In Scotland there are now 6 cases out of over 1000 tested

### What about if I have returned from abroad?

Based on the scientific advice, the UK Chief Medical Officers are advising the following:

- Stay indoors and avoid contact with other people immediately if you’ve travelled to the UK from:
  - Hubei province in China in the last 14 days, even if you do not have symptoms
  - Iran, lockdown areas in northern Italy or special care zones in South Korea since 19 February, even if you do not have symptoms
  - other parts of mainland China or South Korea, Hong Kong, Japan, Macau, Malaysia, Singapore, Taiwan or Thailand in the last 14 days and have a cough, high temperature or shortness of breath (even if your symptoms are mild)
  - other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Cambodia, Laos, Myanmar or Vietnam since 19 February and have a cough, high temperature or shortness of breath (even if your symptoms are mild)



### What do I do if I have symptoms?

If you develop a cough and high temperature, particularly if you have difficulty breathing - **do not go to a GP surgery, pharmacy or hospital.** In Scotland call your GP or NHS 24 on 111 out of hours.

### Facts and Prevention

It is important to remember that Coronaviruses are mainly transmitted by large respiratory droplets and direct or indirect contact with infected secretions. They have also been detected in blood, faeces and urine and, under certain circumstances, airborne transmission is thought to have occurred from aerosolised respiratory secretions and faecal material.

### Things you can do now to minimise risk / Key Strategies:

- I. Excellent **hand washing for 20 seconds** regularly through the day + **use of hand-based gel / foam**. Normal soap is incredibly effective in destroying the cell membrane of the virus and killing it immediately. In fact, it reduces risk by 54% if you do it regularly and do it well. Dry hands thoroughly afterwards with either disposable paper towels or a hand drier. Use a disposable paper towel to turn on/off taps and open/close doors.
- II. **Avoid shaking hands**– both to reduce potential spread and to be respectful of the health of those we meet.
- III. Cover your mouth and nose when coughing or sneezing – cough or sneeze into a paper tissue or into your elbow. **CATCH** it – **BIN** it – **KILL** it
- IV. **Regular cleaning** of common surfaces (door handles, equipment) with normal soap-based detergents, and avoid touching too many public surfaces if you can.
- V. Ensure you're healthy and well. **Eat well / sleep well** – keep your immune system in top shape.
- VI. **Risk avoidance** – be mindful of public spaces e.g. supermarkets, restaurants, shopping malls etc. and avoid people who are coughing / sneezing. Face masks are probably ineffective.
- VII. **Isolation** of cases – anyone with respiratory symptoms (dry cough, fatigue, sore throat) and a temperature should self-isolate and contact their GP or NHS Direct on 111.

The current view is that Coronavirus has a 7-14-day incubation period. It can survive on surfaces for up to 3 days.





### Where can I get upto date information?

NHS Inform ( NHS Scotland website )

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/novel-coronavirus-2019-ncov>

Dept of Health ( UK Government ) will be updated a 2pm daily via <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

World Health Organisation situation report ( updated daily )

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

Foreign and Commonwealth Office

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>



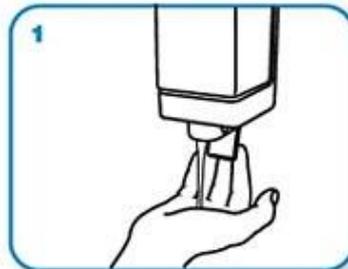
Prepared 05/03/2020

Dr John A Maclean

With thanks to Dr Niall Elliott, sportscotland



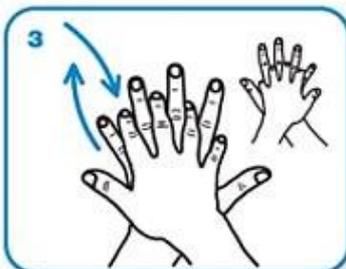
Wet hands with water



apply enough soap to cover all hand surfaces.



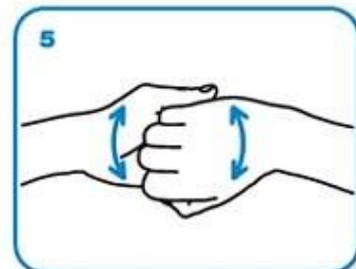
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



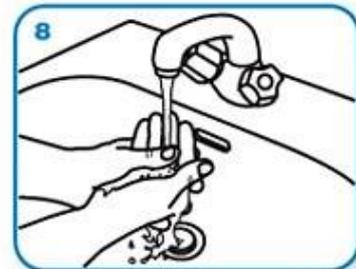
backs of fingers to opposing palms with fingers interlocked



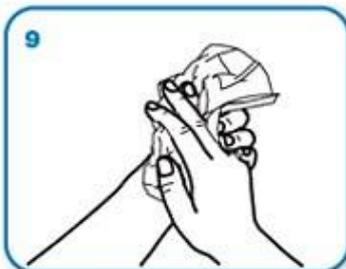
rotational rubbing of left thumb clasped in right palm and vice versa



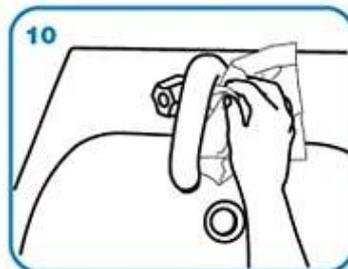
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



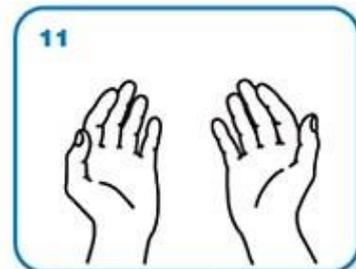
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.