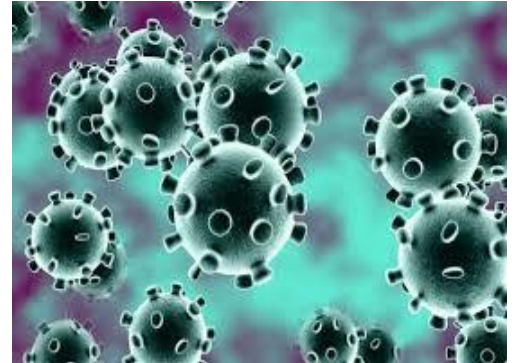


Coronavirus—Update 17.03.2020

We continue to monitor closely the developing situation regarding the Coronavirus, and we are continuing to follow the advice from the NHS and the UK Government. There have now been over 50 deaths in the UK with over 1500 confirmed cases.

The government COBRA meeting took place yesterday. This is the government's position.

Stay at home if you have any coronavirus symptoms



A high temperature – you feel hot to touch on your chest or back OR

A new, continuous cough – this means you've started 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.
- If you have symptoms and live alone, stay at home for 7 days.
- If you live with other people, you should all stay at home for 14 days from the day the first person in the house became ill.
- If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.
- If you must stay at home together, try to keep away from each other as much as possible.
- Read the government advice on staying at home.
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

**If you have a NEW, Continuous Cough or
High Temperature
You must go home!**

Are you a Vulnerable Person?

We are advising those who are at increased risk of severe illness from Coronavirus (COVID-19) to be particularly stringent in following social distancing measures. If you are a Vulnerable person (see list below) you must go home and self-isolate. You will be on sick leave and paid Statutory Sick Pay from day one.

This group includes those who are:

- Aged 70 or older (regardless of medical conditions)
- Under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
 - Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - Chronic heart disease, such as heart failure
 - Chronic kidney disease
 - Chronic liver disease, such as hepatitis
 - Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
 - Diabetes
 - Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
 - A weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
 - Being seriously overweight (a body mass index (BMI) of 40 or above)
 - Those who are pregnant

Note: there are some clinical conditions which put people at even higher risk of severe illness from COVID-19. If you are in this category, next week the NHS in England will directly contact you with advice the more stringent measures you should take in order to keep yourself and others safe. For now, you should rigorously follow the social distancing advice in full, outlined below.

People falling into this group are those who may be at particular risk due to complex health problems such as:

- people who have received an organ transplant and remain on ongoing immunosuppression medication
- people with cancer who are undergoing active chemotherapy or radiotherapy
- people with cancers of the blood or bone marrow such as leukaemia who are at any stage of treatment
- people with severe chest conditions such as cystic fibrosis or severe asthma (requiring hospital admissions or courses of steroid tablets)
- people with severe diseases of body systems, such as severe kidney disease (dialysis)

**If you have a NEW, Continuous Cough or
High Temperature
You must go home!**