



There is no vaccine for coronavirus. To help prevent a coronavirus infection, do the same things you do to avoid the common cold.



FUSION
OCCUPATIONAL HEALTH

Latest news: Wuhan novel coronavirus

20 January 2020

Public Health England (PHE) is aware of a reported outbreak of a novel coronavirus in Wuhan City, China, and has offered advice regarding this as well as the ongoing avian flu risk.

The risk to the UK population has been assessed as low. Based on the latest information and analysis, the World Health Organization (WHO) has said that there is evidence of limited human to human transmission of the virus.

The Department of Health and Social Care (DHSC) issued clinical guidance for the detection and diagnosis of Wuhan Novel Coronavirus and PHE has developed a diagnostic test, making the UK one of the first countries outside China to have a prototype specific laboratory test for this novel disease.

What Is a Coronavirus?

Most coronaviruses spread the same way other cold-causing viruses do: through infected people coughing and sneezing, by touching an infected person's hands or face, or by touching things such as doorknobs that infected people have touched.

Common Symptoms of Coronavirus

The symptoms of most coronaviruses are similar to any other upper respiratory infection, including runny nose, coughing, sore throat, and sometimes a fever. In most cases, you won't know whether you have a coronavirus or a different cold-causing virus, such as rhinovirus.

You could get lab tests, including nose and throat cultures and blood work, to find out whether your cold was caused by a coronavirus, but there's no reason to. The test results wouldn't change how you treat your symptoms, which typically go away in a few days.

But if a coronavirus infection spreads to the lower respiratory tract (your windpipe and your lungs), it can cause pneumonia, especially in older people, people with heart disease, or people with weakened immune systems.

What to Do About Coronavirus

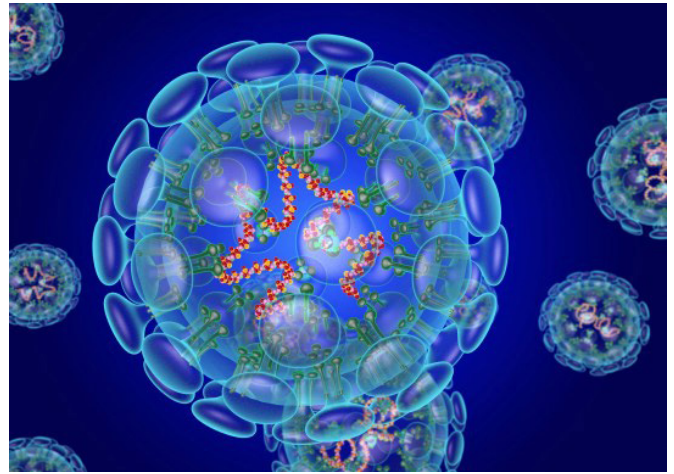
There is no vaccine for coronavirus. To help prevent a coronavirus infection, do the same things you do to avoid the common cold:

- Wash your hands thoroughly with soap and warm water or with an alcohol-based hand sanitizer.
- Keep your hands and fingers away from your eyes, nose, and mouth.
- Avoid close contact with people who are infected.

You treat a coronavirus infection the same way you treat a cold:

- Get plenty of rest.
- Drink fluids.
- Take over-the-counter medicine for a sore throat and fever. But don't give aspirin to children or teens younger than 19.

<https://www.gov.uk/government/news/wuhan-novel-coronavirus-and-avian-flu-advice-for-travel-to-china>
<https://www.webmd.com/lung/coronavirus#1>



Where is the virus and is it safe to travel to those countries affected?

More than 640 cases of the virus have been confirmed so far, and 17 people have died. Eight cases have also been identified in Thailand, South Korea, Taiwan, Japan, the US, and, most recently, Singapore.

Wuhan believed to be the source of the current outbreak, with a population of 11 million, has been placed on lockdown and all transport has been shut down in an attempt to quarantine the new virus.

People suffering with flu-like symptoms should catch coughs or sneezes in tissues and bin them immediately, wash their hands regularly with soap and warm water and frequently clean regularly used surfaces to stop the spread of flu. Avoid having unnecessary contact with other people if you or they have symptoms of flu.

CATCH IT



Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT



Germs can live for several hours on tissues. Dispose of your tissue as soon as possible

KILL IT



Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.