

# Waterside Medical Practice

[www.watersidemedicalpractice.co.uk](http://www.watersidemedicalpractice.co.uk)

Tel: 023 9246 2719

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## Coronavirus (2019-nCoV)

Coronavirus (2019-nCoV) is a new respiratory illness that has not previously been seen in humans.

The risk of getting the illness in the UK is low.

### Advice to travelers returning from China and specified areas

Travelers returning from Wuhan and Hubei Province, China

#### **If you have returned from Wuhan or Hubei Province in the last 14 days:**

- **stay indoors and avoid contact with other people**
- **call NHS 111 to tell them of your recent travel to the city**

If you're in Northern Ireland, call 0300 200 7885.

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

If you get a cough, a high temperature, or you feel short of breath, continue to follow this advice. Do not leave your house.

### Travelers returning from other parts of China and specified areas

If you get a cough, high temperature or feel short of breath within 14 days of returning from:

- other parts of China, including Macao and Hong Kong
- Thailand
- Japan
- Republic of Korea
- Taiwan
- Singapore
- Malaysia

#### You should:

- stay indoors and avoid contact with other people
- call NHS 111 to tell them of your recent travel

If you're in Northern Ireland, call 0300 200 7885.

Please follow this advice even if your symptoms are mild.

**Dr Richard Thomas, Dr Rebecca Gabel, Dr Jason Greenslade, Dr Laura Bryant, Dr Helen Harris.**  
Hayling Island Health Centre, Elm Grove, Hayling Island, Hampshire, PO11 9AP

**Information provided via NHS website <https://www.nhs.uk/conditions/wuhan-novel-coronavirus/>**

**11<sup>th</sup> February 2020**

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## What this means in practice

This means staying at home for 14 days after arriving from Wuhan or Hubei Province (or other parts of China or specified areas if you have symptoms) and not going to work, school or public areas.

Try to avoid having visitors to your home, but it's OK for friends, family or delivery drivers to drop off food.

While the risk to the UK population remains low, these steps are recommended to limit the potential spread of infection.

## Transport

Do not use public transport or taxis until 14 days after your return from Wuhan or Hubei Province (or other parts of China or specified areas if you have symptoms).

## Getting food and medicine

Stay at home for 14 days after arriving from Wuhan or Hubei Province (or other parts of China or specified areas if you have symptoms), and avoid public places. Ask a friend, family member or delivery services to carry out errands on your behalf.

## What is the risk of catching coronavirus in the UK?

The UK Chief Medical Officers have raised the risk to the public from low to moderate. But the risk to individuals remains low.

Health professionals are working to contact anyone who has been in close contact with people who have coronavirus.

## 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, we do not know exactly how coronavirus spreads from person to person, but similar viruses spread by cough droplets.

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## 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 travelers.

## **Treatment for coronavirus**

There is no specific treatment for coronavirus. Treatment aims to relieve the symptoms.

## **Further information**

- [GOV.UK: coronavirus and the situation in the UK](#)
- [GOV.UK: advice on travel to China](#)
- [The World Health Organization: coronavirus myth busters](#)

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