

## Coronavirus Advice

### Latest Coronavirus Advice from the Third Age Trust CEO, Sam Mauger

This is our latest coronavirus update. We will continue to update the advice when required to respond to any further developments in the spread of the virus.

We understand that each committee will assess the risk to their members and make the decisions that they feel can ensure the safety of their members, taking into account any known risks at that time.

We would ask U3A committees and members to keep fellow members up to date with advice about coronavirus.

#### Our advice currently is as follows:

- At all times members should follow the most up to date government advice about coronavirus. We hope that coronavirus will not affect any of our members.
- If a member has returned from one of the areas identified by the government and has any of the symptoms identified on the **government website** they should not hold interest groups in their own homes, or attend interest groups or attend monthly meetings until they have followed the NHS advice provided after calling 111.
- If a U3A finds that a member has contracted coronavirus, please let the Trust know immediately. The members of interest groups that any member with coronavirus has attended should all call 111 to ask for advice.
- The monthly meeting should be cancelled for that month (and possibly longer) until the spread of the virus has been assessed.
- In general a U3A may consider other precautions such as using hand sanitiser gel in interest groups and monthly meetings and reducing physical contact such as shaking hands until further information becomes available.

***Download the above advice as PDF here!***

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**Please find below updated advice from Healthwatch - the NHS consumer watchdog.**

#### **What's the risk of catching coronavirus in the UK?**

The NHS and Public Health England are well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff while also ensuring services are available to the public as normal.

The UK Chief Medical Officers have raised the risk to the public from low to moderate. But the risk to individuals remains low. If you have arrived back to the UK from mainland China and other specified areas, follow the advice for *returning travellers*.

### **How is coronavirus spread?**

Like the common cold, coronavirus (also known as Covid-19) infection usually occurs through close contact with a person with novel coronavirus via cough and sneezes or hand contact. You can also be infected by touching contaminated surfaces if you do not wash your hands.

The risk of being in close contact with a person with coronavirus or contaminated surfaces is very low at the moment, as members of the public who have visited Wuhan, Hubei province, China are currently in isolation.

### **Symptoms of coronavirus**

The main symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

### **When to call 111**

Based on the scientific advice of the Scientific Advisory Group for Emergencies (SAGE) the UK Chief Medical Officers are advising anyone who has travelled to the UK from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and is experiencing cough or fever or shortness of breath, to stay indoors and call NHS 111, even if symptoms are mild.

### **How to avoid catching or spreading germs?**

#### **DO:**

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away.
- Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available.
- Try to avoid close contact with people who are unwell.

#### **Don't:**

- Do not touch your eyes, nose or mouth if your hands are not clean.