



Allied and Clinical guidelines for the Corona virus outbreak

As health care workers we must remember to take all precautions to avoid transmission of the corona virus.

The government has published guidelines that provides comprehensive advice on what you must do in both preventing spread. In the event that you feel you may have symptoms of corona virus or have been in contact with someone with confirmed corona virus infection **you must self Isolate** and call 111:

The Government guideline states:

- Any Health Care Worker with relevant exposure history and compatible symptoms requires clinical assessment, and must notify NHS 111, or NHS direct in Wales, or NHS 24 in Scotland, or Out of Hours GP service in Northern Ireland before notifying the agency.
- The '14 day work exclusion' relates to work within healthcare premises

Symptoms:

The common symptoms are:

- Respiratory symptoms
- Fever, cough
- Shortness of breath
- Breathing difficulties

Hygiene

The current guidance is to:

- 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 immediately
- Wash your hands with soap and water often – do this for at least 20 seconds
- Try to avoid close contact with people who are unwell
- Don't touch your eyes, nose or mouth if your hands are not clean

The countries and regions that are categorised as 'affected areas' are being updated regularly. You should check via the latest government guidance which countries have been affected and the latest guidance for travellers to those places. At the time of writing, people who have returned from affected areas are being advised to stay away from their GP surgeries if they feel that that may have been exposed and to call 111 instead for medical advice. You can pass this information on to staff who have been affected. For further information, Please review the following link:

[Guidance for healthcare providers: healthcare workers with relevant travel, healthcare or household contact history.](#)



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