

Employee Briefing

Coronavirus

What are the symptoms?

Symptoms of the coronavirus in people are like flu symptoms. They include fever, dry cough and shortness of breath. In some cases, people have reported a runny nose, sore throat and diarrhoea. The majority of cases are able to be treated at home.

In some cases, the virus may progress to pneumonia causing other breathing difficulties. The virus may be more severe in older people or those with underlying medical conditions. such as weakened immune systems, diabetes, cancer and chronic lung disease. Serious infections can cause severe acute respiratory syndrome, kidney failure and even death. The majority of those who have died are over 65 with pre-existing health conditions.

How do I protect myself and everyone else?

Current medical advice to prevent the spread of infection from coronaviruses includes:

- Regular handwashing
- Avoiding close contact with people with coughs and sneezes
- Covering your mouth and nose when coughing and sneezing
- Avoiding touching your mouth, nose or eyes with unwashed hands
- Practicing social distancing (i.e. staying 2 metres away from other people)

What is the official advice?

The latest government advice is available [here](#)