

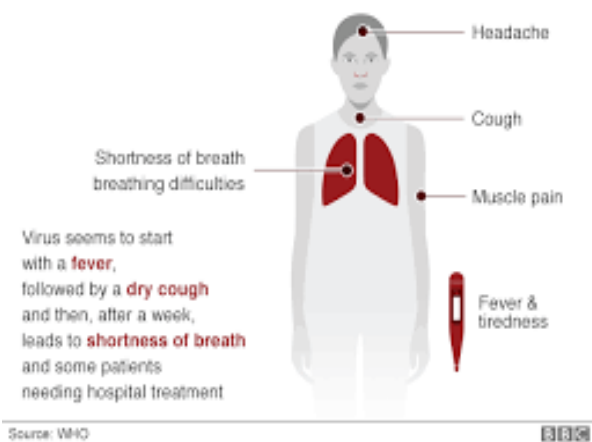
# MEARS

## CORONAVIRUS / COVID-19

### What is CORONAVIRUS/ COVID -19?

Coronaviruses are a large family of viruses that are common across the world. These viruses can cause mild symptoms ranging from a fever and cough to more serious conditions such as severe pneumonia, shortness of breath and breathing difficulties.

### Symptoms of coronavirus (Covid-19)



### What do I do if I think I am at risk?

If you have recently been travelling you may be at an increased risk of COVID-19 (coronavirus). The information below should help you assess whether you need to take any further action.

As at 2/3/20, the areas of risk are: Hubei province, Wuhan, China, Iran, Northern Italy, Thailand, Japan, Rep of Korea, Hong Kong, Taiwan, Singapore, Malaysia, Macau, Vietnam, Cambodia, Laos, Myanmar and Tenerife. To remain up to date, visit: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public#risk-level>

**IT IS ESSENTIAL that travellers who have visited any of the countries considered to be at higher risk of COVID-19 in the last 14 days, inform Migrant Help on 0808 801 0503 and your MEARS Housing Manager as soon as possible, EVEN IF YOU DO NOT HAVE ANY SYMPTOMS. They will ensure you receive any assistance and medical care you may need in line with Public Health Guidelines.**

If you need to speak to a doctor, call 111 (England and Scotland) or 0300 200 7885 (Northern Ireland) and inform the call handler of your recent travel.

## PUBLIC HEALTH ADVICE

### HELP PREVENT SPREAD

Like seasonal flu, the same public health advice applies for Coronavirus (COVID-19) as if you cough or sneeze, use a tissue to cover your mouth and nose, throw it away carefully after use, and wash your hands.

Once flu and similar infectious viruses begin to spread, the main method that can prevent further spread, is good personal hygiene. Washing your hands regularly will help prevent flu and other viruses spreading.

If you do become unwell and suspect you may have been exposed to Coronavirus (COVID-19) you should stay at home and let your Housing Manager know as soon as possible. Do not go outside or visit anyone at other properties, your Housing Manager will put measures in place to safeguard your welfare.

Thank you for your cooperation

