



Advice Sheet – **REVIEWED 9 DECEMBER 2021** – COVID-19

Always Consult Specific Advice

- **Always Consult continues to suspend all person-to-person training until further notice. This includes any training sessions, workshops and 1-2-1 training.**
- **The above training sessions will be carried out remotely wherever possible.**
- **We will work with you to support alternative methods so that training can progress, or delay until it is practical to continue.**

Latest Government advice on COVID-19:

COVID-19 remains a risk

From Monday 13 December, people should **work from home** "if they can".

It is still possible to catch and spread COVID-19, even if you are fully vaccinated.

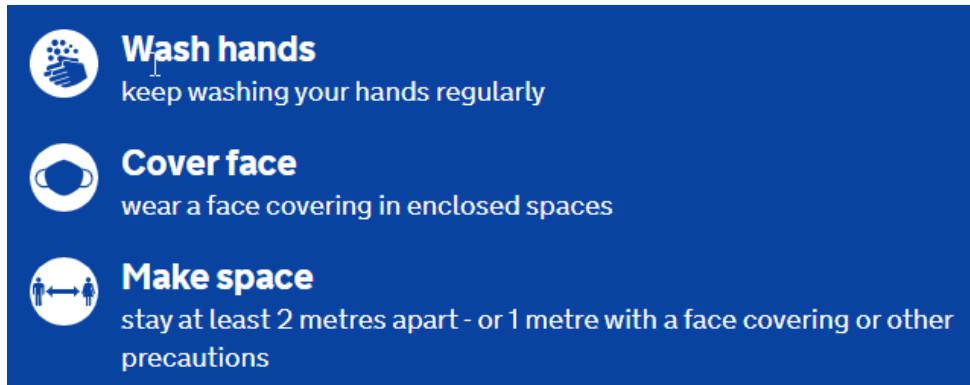
Anyone with COVID-19 symptoms or a positive test result should [stay at home](#) and self-isolate immediately. If you have symptoms of COVID-19, you should arrange to [take a PCR test](#) as soon as possible, even if you've had one or more doses of a COVID-19 vaccine.

Read more: <https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do>

Latest NHS Advice on COVID-19:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Even with the vaccination programme rolled out across the majority of the population, there are three simple actions we must all do to keep on protecting each other:



If you decide that you need to self-isolate, please discuss immediately with Carol Ewels or Roddy Christie.

Finally, we will keep the situation under review as it is ever-changing.

If after reading you are unsure what you need to do, please ring 0333 444 2467 or email support@alwaysconsult.com.

Useful Information

How to make your own face mask: <https://www.bbc.co.uk/news/uk-52609777>

What is a coronavirus?

Coronaviruses are a group of viruses that are common across the world, including the common cold. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

What is COVID-19?

COVID-19 is the disease caused by a new coronavirus named SARS-CoV-2. The disease affects your lungs and airways. It spreads through respiratory droplets or small “aerosol” particles, produced when an infected person coughs, sneezes, sings, talks, or breathes.

World Health Organisation:

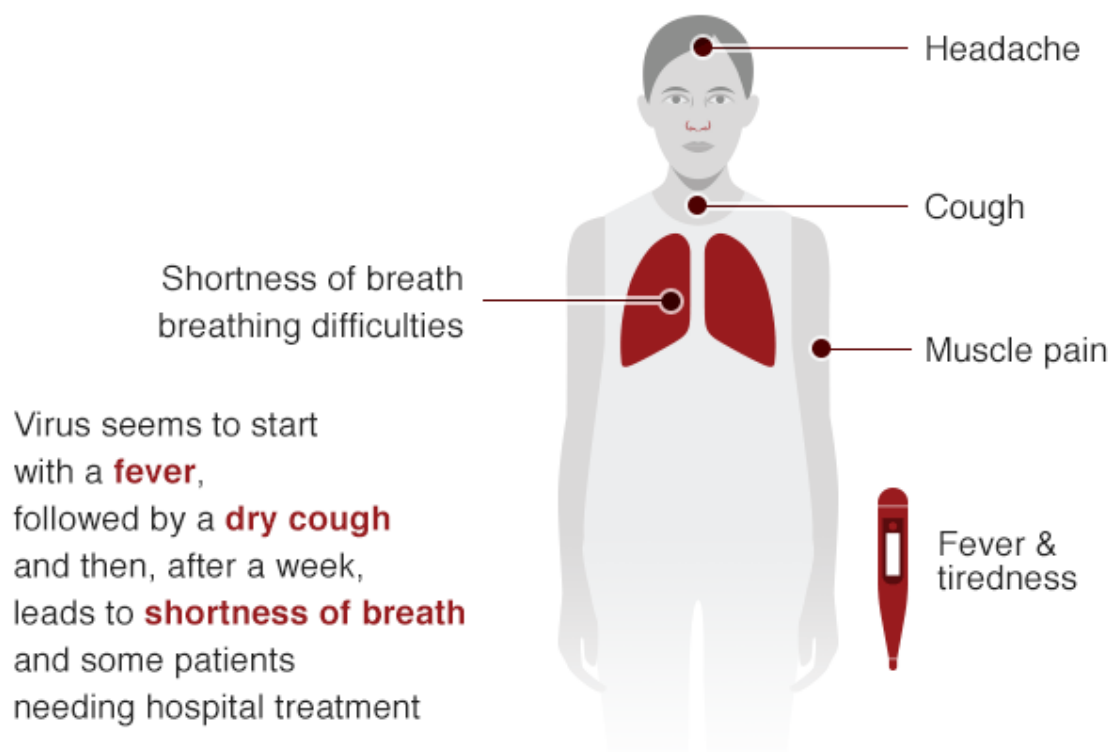
Current evidence suggests that the **main way the virus spreads is by respiratory droplets among people who are in close contact with each other.**

Aerosol transmission (as opposed to droplet transmission) can occur in specific settings, particularly in indoor, crowded and inadequately ventilated spaces, where infected person(s) spend long periods of time with others, such as restaurants, choir practices, fitness classes, nightclubs, offices and/or places of worship. More studies are underway to better understand the conditions in which aerosol transmission is occurring outside of medical facilities where specific medical procedures, called aerosol generating procedures, are conducted.

The virus can also spread after infected people sneeze, cough on, or touch surfaces, or objects, such as tables, doorknobs and handrails. Other people may become infected by touching these contaminated surfaces, then touching their eyes, noses or mouths without having cleaned their hands first.

Symptoms of COVID-19

Symptoms of coronavirus (Covid-19)



Source: WHO

BBC

How to stop the virus from spreading

Advice for stopping virus spread



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues (then wash hands)



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Source: NHS

BBC

What to do if you have symptoms

Contact Details:
0333 444 2467
support@alwaysconsult.com

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Coronavirus guidance

Advice for people who think they may have coronavirus



Step one

Do not go to a GP surgery, pharmacy or hospital



Step two

Contact NHS 111



Step three

You may be asked to self-isolate



Step four

Your details may be passed to local health protection teams



Step five

You may then be tested for the virus



Step six

A doctor or nurse will give you advice on what to do next

Source: NHS England/Public Health England

BBC

The NHS has an interactive questionnaire to guide you:

<https://111.nhs.uk/service/covid-19>

What do I do if I need to “self-isolate”?

Contact Details:

0333 444 2467

support@alwaysconsult.com

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You may be asked, or decide for yourself, to stay at home and avoid contact with other people if you have travelled to certain affected areas of the world, if you have been in close contact with someone with coronavirus or are awaiting test results.

This means you should:

- Stay at home
- Not go to work, school or public areas
- Not use public transport like buses, trains, tubes or taxis
- Avoid visitors to your home
- Ask friends, family members or delivery services to carry out errands for you - such as getting groceries, medication or other shopping
- You should make sure any items delivered are left outside, or in the porch, or as appropriate for your home.
- If you live with other people, you may have to take extra measures to reduce the chances of onward infection, such as staying in a separate room and regularly cleaning shared kitchens and bathrooms.
- You may need to do this for up to 14 days to reduce the possible spread of infection.

More detail here: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Useful Links

- Latest statistics and data: <https://coronavirus.data.gov.uk>
- FCO travel advice: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Further Questions?

If you are unsure what you need to do, please ring 0333 444 2467 or email support@alwaysconsult.com.