



## Advice Sheet – **REVIEWED OCTOBER 2022** – 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**

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

#### **Get vaccinated**

[COVID-19 vaccines are safe](#) and effective. Getting fully vaccinated is the best way of protecting you and others against COVID-19.

#### **Wear a face covering**

When used correctly, wearing a [face covering](#) may reduce the spread of coronavirus droplets from coughs, sneezes and speaking, helping to protect others.

Although wearing a face covering is no longer a legal requirement, they are still strongly recommended in indoor areas where you come into contact with people you do not usually meet.

#### **Get tested and self-isolate if required**

The self-isolation advice for people with coronavirus (COVID-19) has changed. It is now possible to end self-isolation after 5 full days if you have 2 negative LFD tests taken on consecutive days. The first LFD test should not be taken before the

fifth day after your symptoms started (or the day your test was taken if you did not have symptoms). The self-isolation period remains 10 full days for those without negative results from 2 LFD tests taken a day apart.

If you develop any of the main symptoms of COVID-19, stay at home and self-isolate immediately.

If you have a positive LFD or PCR test result but do not have any of the main symptoms of COVID-19, stay at home and self-isolate as soon as you receive the results. You should do this even if you have received one or more doses of COVID-19 vaccine.

Other people in your household might need to self-isolate too. Please see the link below for information on what the other members of your household need to do.

More detail here: <https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19>

Read more: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-how-stay-safe-and-help-prevent-spread>

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

## Latest NHS Advice on COVID-19:

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

## 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.

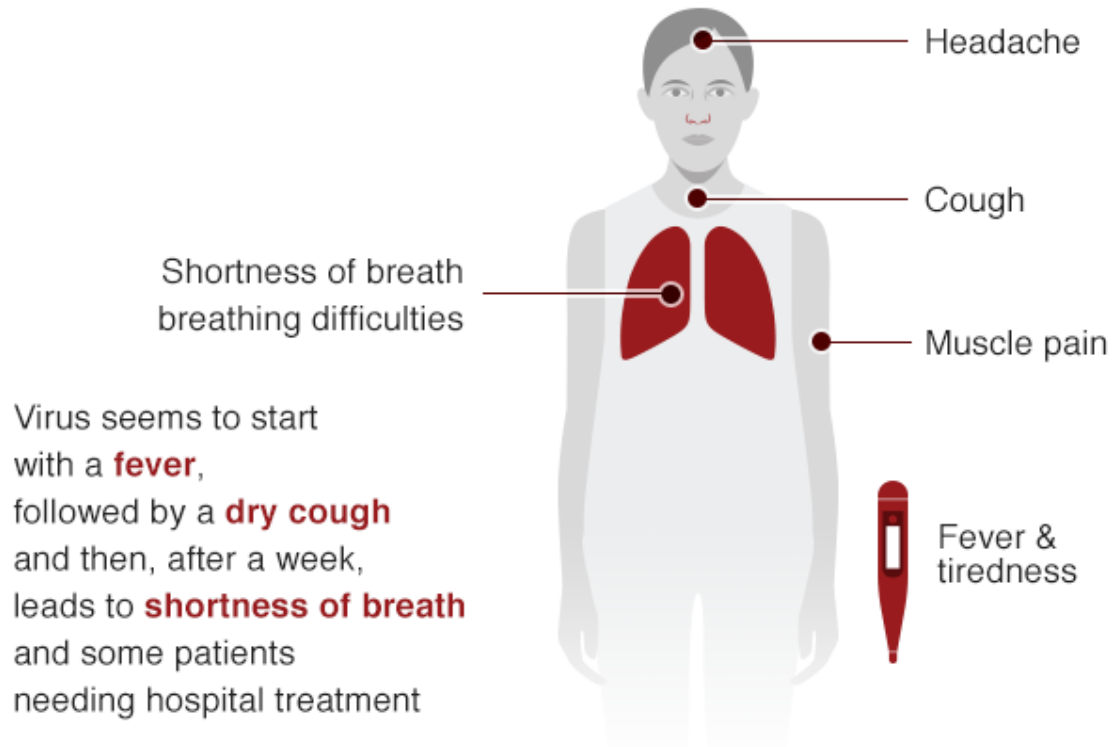
World Health Organisation:

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 coronavirus (Covid-19)



Virus seems to start with a **fever**, followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment

Source: WHO

BBC

## 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**

## What to do if you have symptoms

# 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

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Source: NHS England/Public Health England

**BBC**

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

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.

## 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](mailto:support@alwaysconsult.com).