**ADVICE FOR TRAVELLERS**

Please stay at home and call 111 now if you have been:

* to **Hubei province in China** in the last 14 days;
* to **Iran, areas of northern Italy** in lockdown or "special care zone" areas in **South Korea** since 19 February;
* to other parts of mainland **China or South Korea, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau** in the last 14 days and have a cough, high temperature or shortness of breath;
* to other parts of **northern Italy** (anywhere north of Pisa, Florence and Rimini), **Vietnam, Cambodia, Laos or Myanmar** since 19 February and have a cough, high temperature or shortness of breath; or
* in close contact with someone with confirmed coronavirus.

**Do not go to a GP surgery, pharmacy or hospital. Call** **111****, stay indoors and avoid close contact with other people.**

**INFORMATION ABOUT THE VIRUS**

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Novel coronavirus (COVID-19) is a new strain of coronavirus first identified in Wuhan City, China.

The symptoms of coronavirus are:

* a cough;
* a high temperature;
* shortness of breath.

But these symptoms do not necessarily mean you have the illness as they are similar to other illnesses that are much more common such as the cold and flu.

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.

**BEST PRACTICE IN THE WORKPLACE**

The risk of catching coronavirus in workplaces is currently low however, it is still good practice to make sure everyone follows simple hygiene rules, such as:

* 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 – use hand sanitiser gel if soap and water are not available; and
* do not touch your eyes, nose or mouth if your hands are not clean.

For further information and daily updates please visit:

<https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public#situation-in-the-uk>

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