

MONTACUTE PARISH COUNCIL

Important – Please Read!

Coronavirus disease (COVID-19)

What Happened?

As you have seen reported in the media a new flu-like virus, called a novel Coronavirus (2019-nCoV), has originated in Wuhan, Hubei Province of China. This virus is a concern for public health globally because it is transmitted from human to human and can cause serious illness including Pneumonia, and in some cases it has been fatal. This disease has now spread throughout the world since it was first reported in China on 31st December 2019 and **in the UK the risk has now officially been raised from low to moderate.**

We have been asked to share the following information with you to help prevent further spread of this virus. The full text is on the Government website: <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>.

The situation is evolving rapidly: the symptoms are similar to cold and influenza viruses with a fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties – no vaccination is available at this time.

Why?

The virus is believed to be zoonotic, meaning that it originated from an animal, but the precise source is still unidentified.

Human Coronaviruses are spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

Who Is Most At Risk?

In particular older people, those with weakened immune systems, long-term conditions such as diabetes, cancer and chronic lung disease, but all of us who may come in contact with people travelling from infected areas.

What Precautions Do All Of Us Need To Take?

Novel Coronavirus preventive measures



- Avoid contact with people who are sick; especially if they are coughing and sneezing
- Wash your hands thoroughly using soap and water (for at least 20 seconds) and/or sanitise hands using an alcohol-based gel as often as you can
- Avoid touching your eyes, nose and mouth
- Clean and sanitise frequently touched objects and surfaces

What Do I Need To Do If I Think I Have Been Exposed To Coronavirus?

- Immediately stay indoors and avoid contact with other people
- **Call NHS 111 to inform them or go on their website <https://111.nhs.uk/> - they will give you more advice**
- Do **NOT** visit your local GP or your local pharmacy where people are

What does 'self-quarantine' mean?

It means staying indoors and keeping at least 3 feet away from other people

Sarah Moore
Parish Clerk
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