

Coronavirus (Covid-19) Information and advice 13 March 2020

Created and shared by Healthwatch Brighton and Hove

Commonly asked questions

Symptoms	
What are the symptoms of coronavirus?	<p>The symptoms of coronavirus are:</p> <ul style="list-style-type: none"> • a cough • a high temperature • shortness of breath <p>But these symptoms do not necessarily mean you have the illness.</p> <p>The symptoms are similar to other illnesses that are much more common, such as cold and flu.</p> <p>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</p>
When do symptoms show?	<p>It appears that most people who develop symptoms do so on or around day five.</p> <p>Anyone who is symptom-free by day 12 is unlikely to get symptoms, but they may still be infectious carriers.</p>
Does everyone show symptoms?	<p>Experts believe most people who get the infection will only have mild symptoms. Some will be asymptomatic, i.e. carry the virus but experience no symptoms.</p>
If you have symptoms	
What do I do if I think you might have coronavirus?	<p>Stay at home</p> <p>If you have symptoms of coronavirus infection (COVID-19), however mild stay at home for 7 days if you have either:</p> <ul style="list-style-type: none"> • a high temperature • a new continuous cough

	<p>This will help to protect others in your community while you are infectious.</p> <p>Do not go to a GP surgery, pharmacy or hospital with mild symptoms.</p> <p>You do not need to contact NHS 111 to tell them you're staying at home. The NHS will not be testing those self-isolating with mild symptoms.</p> <p>The government continues to advise schools should remain open.</p> <p>Stay at home guidance has now been produced and is available by clicking here</p>
<p>What do I do if my symptoms worsen?</p>	<p>After 7 days contact NHS 111</p> <p>If your symptoms worsen during home isolation or are no better after 7 days contact NHS 111 online.</p> <p>If you have no internet access, you should call NHS 111.</p> <p>For a medical emergency dial 999</p> <p>In summary contact NHS 111 if:</p> <ul style="list-style-type: none"> • you feel you cannot cope with your symptoms at home • your condition gets worse • your symptoms do not get better after 7 days <p>Only call 111 if you cannot get help online.</p>
<p>Protecting yourself and others</p>	
<p>How can I avoid catching or spreading coronavirus?</p>	<p>Do the following more often than usual:</p> <ul style="list-style-type: none"> • wash your hands with soap and water often – do this for at least 20 seconds • always wash your hands when you get home or into work • use hand sanitiser gel containing at least 60% alcohol if soap and water are not available

	<ul style="list-style-type: none"> 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 straight away and wash your hands afterwards <p>Try to avoid close contact with people who are unwell If possible, stay away from work and other events if you feel unwell.</p>
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Treatment

Is there a specific treatment for coronavirus?	<p>There is currently no <u>specific</u> treatment for coronavirus.</p> <p>Current treatment options aim to relieve the symptoms while your body fights the illness.</p> <p>You are advised to stay in isolation and away from other people until you've recovered.</p>
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Do I need antibiotics?	<p>Antibiotics do not help</p> <p>They do not work against viruses.</p>
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Seeing my GP /doctor /dentist

Should I still visit my GP?	<p>Do not visit your GP if you have symptoms of coronavirus.</p> <p>For other conditions or medical checks etc, you may be able to arrange to have a telephone or online consultation instead. Call your GP practice and ask.</p>
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Should I still attend my dental appointment?	<p>Please call your dental practice to check, or look online, and follow their advice.</p>
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Attending hospital for other appointments

Should I still attend the hospital if I have an appointment booked?	<p>Yes.</p> <p>Our hospitals and services are running as normal, please do attend your planned appointment as usual.</p> <p>The hospital will notify you should they need to change your appointment.</p>
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Accident and Emergency department	
Should I visit the Accident and Emergency department?	<p>Do not visit the Emergency department at the Royal Sussex County Hospital if you have symptoms of coronavirus.</p> <p>Follow the advice above if you have symptoms.</p>
NHS 111 has advised me to attend A&E, where do I go?	<p>The Royal Sussex County Hospital has a coronavirus assessment pod in operation. This is based in the Trust HQ building which is immediately up from the access ramp to the main A&E building. Please follow the signs that are in place</p> <p>Please refer to the photos below</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>
Terms being used	
What is the difference between coronavirus and Covid-19?	<p>Coronaviruses are a large family of viruses that can cause illnesses ranging from the common cold to more severe diseases such as SARS (Severe Acute Respiratory Syndrome)</p> <p>Covid-19 is a new strain of coronavirus that has not been previously identified in humans.</p>
What is self-isolation, and how do I do it?	<p>Self-isolation is about protecting others and slowing down the spread of COVID-19. It is very important that anyone who has the virus, or might have been exposed to it, limits the number of people they come into contact</p>

	<p>with. This is the most effective way of preventing the coronavirus from spreading.</p> <p>Some further information is available here including what to do if you share a home with others, or have pets.</p>
<p>What are Contain and Delay phases</p>	<p>There are 4 stages to the Government's planned response to coronavirus.</p> <p>Stage one was 'contain' which proved effective at identifying individual cases and tracing close contacts.</p> <p>Moving to the second 'delay' phase involves trying to slow the spread of the virus and push wider transmission to the summer months when there is less pressure on the NHS.</p> <p>More information about the Government's planned response can be found here</p>
<p>What is social distancing?</p>	<p>This is not happening at present.</p> <p>Social distancing can include things like temporarily reducing socialising in public places such as entertainment or sports events, reducing use of non-essential public transport or recommending more home working</p>
<p>Travel and further advice for employers including small businesses and language schools</p>	
<p>What should I do if I have returned from holiday?</p>	<p>If you have returned from overseas please refer to this page for more information</p>
<p>Is there guidance for employees, employers and businesses</p>	<p>Yes. Guidance is available here for employees, employers and businesses in providing advice about coronavirus.</p>
<p>Is there guidance for the English language sector?</p>	<p>Yes. Guidance has been produced by English UK and is available here</p>