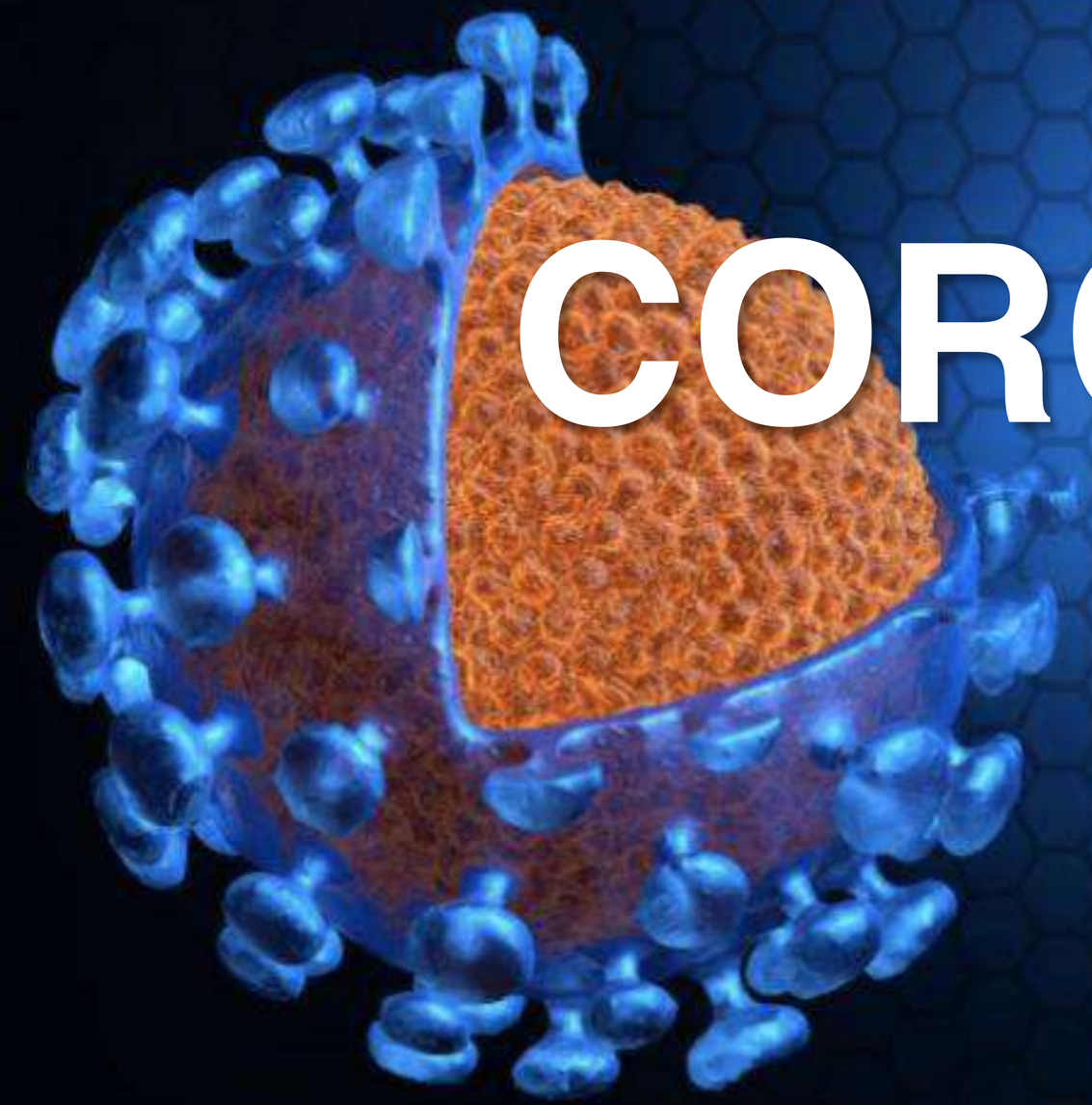
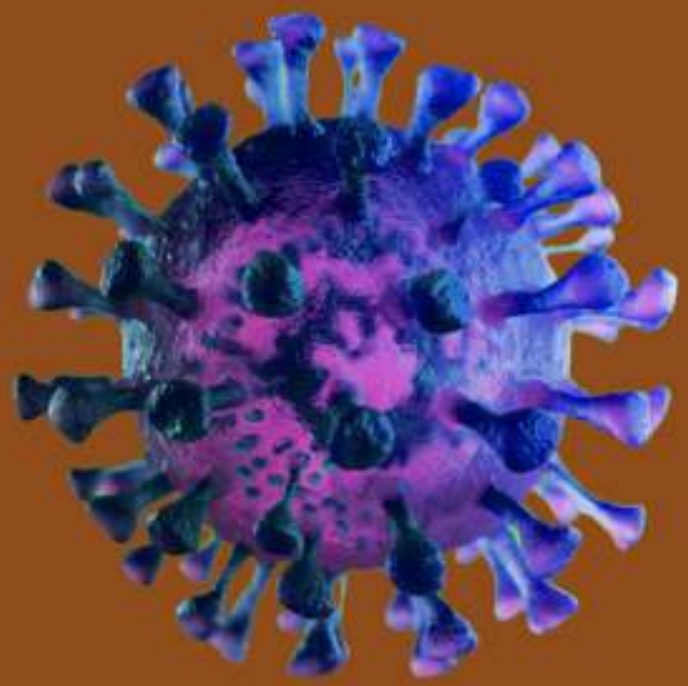


CORONAVIRUS

How To Stay Safe

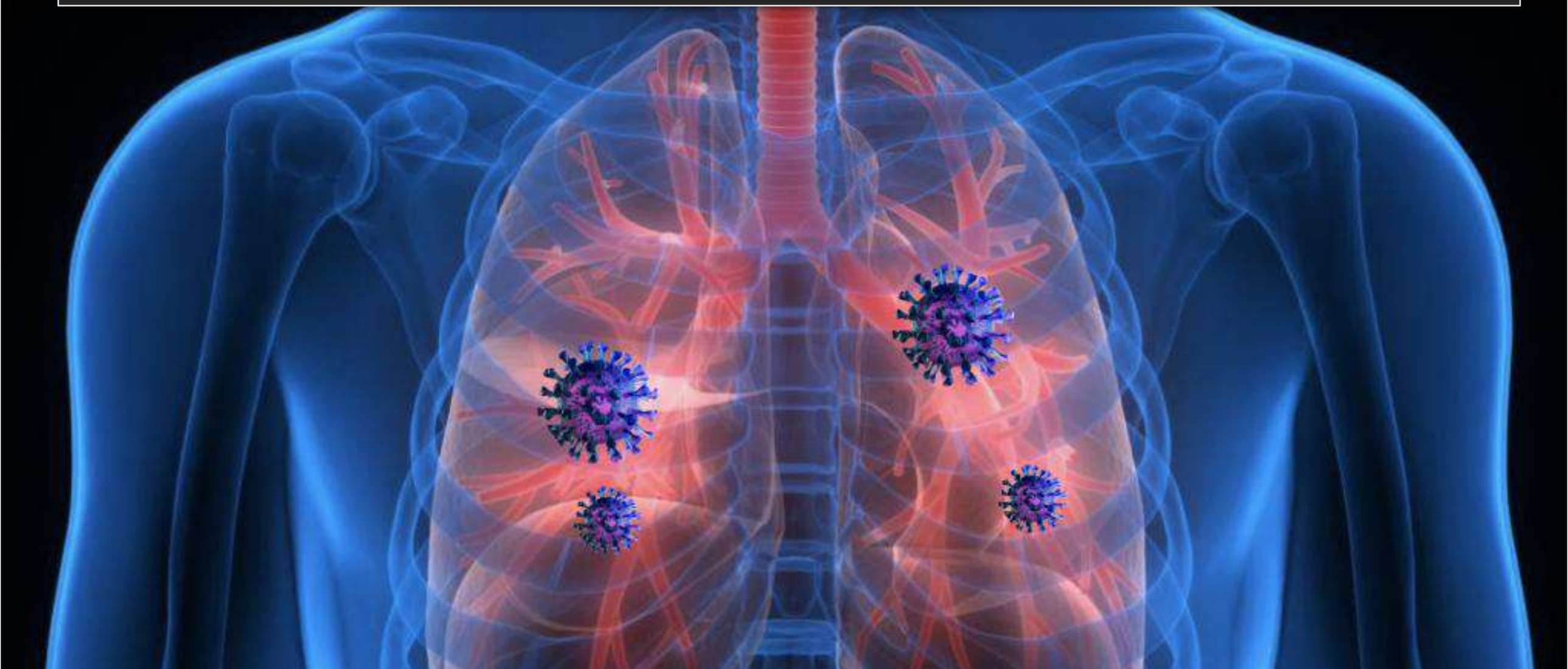
HUMAN FOCUS



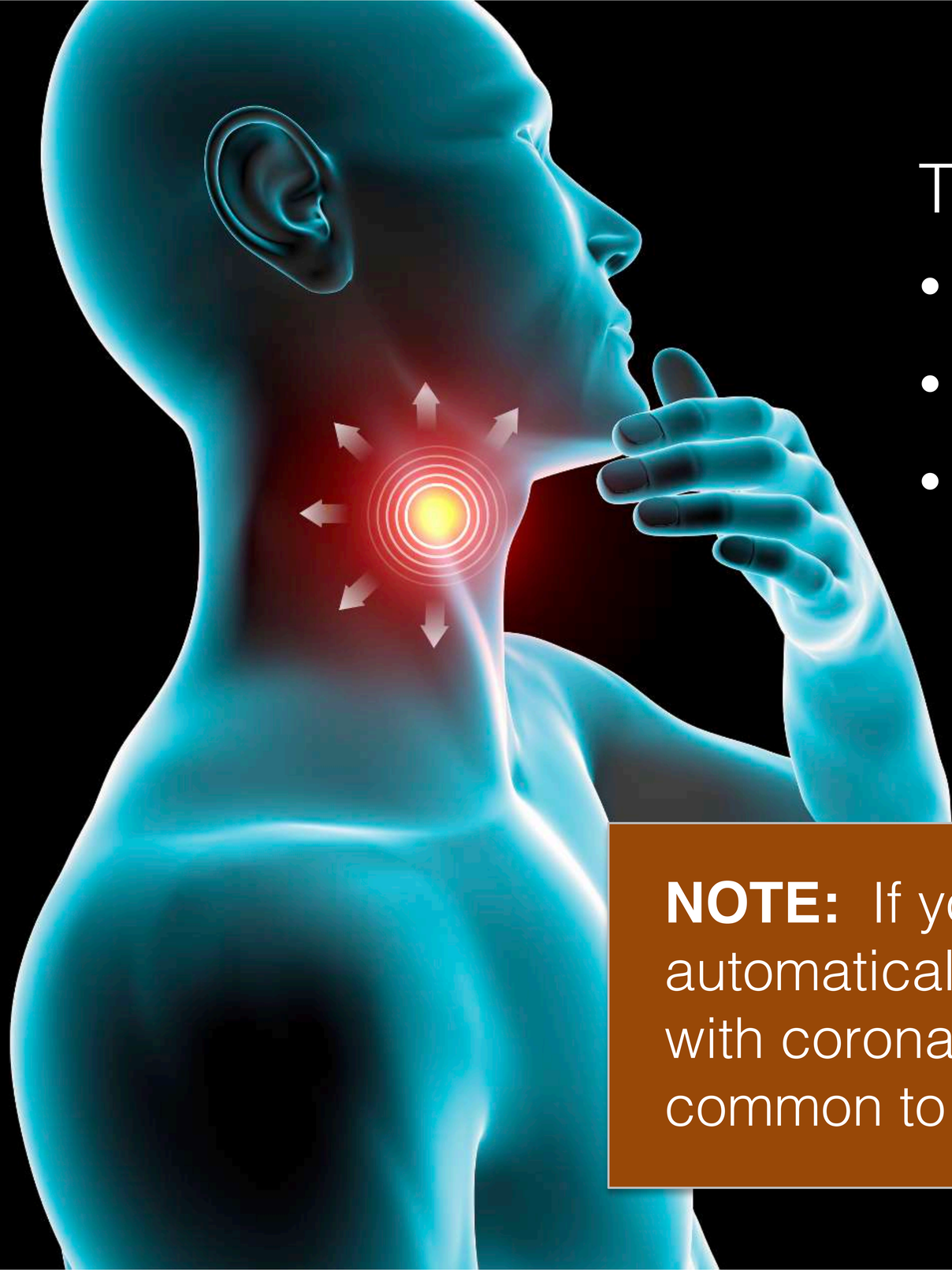
FACTS

What we know about the Corona virus

Coronavirus (COVID-19) is a new virus that infects our lungs and causes respiratory problems



Symptoms range from mild illness to pneumonia



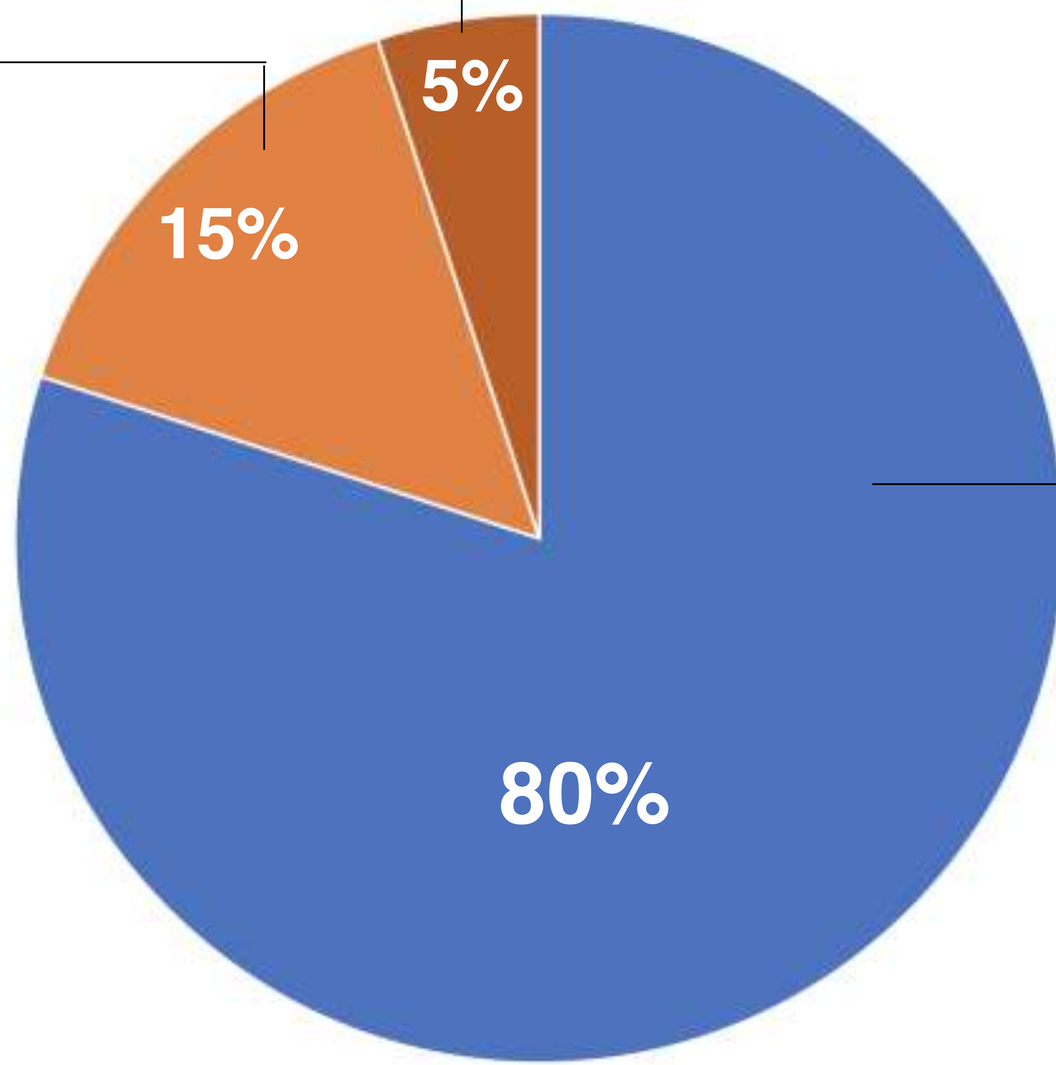
The symptoms of coronavirus:

- Cough
- High temperature
- Shortness of breath

NOTE: If you get these symptoms it does not automatically mean you have been infected with coronavirus – these symptoms are common to many other ailments

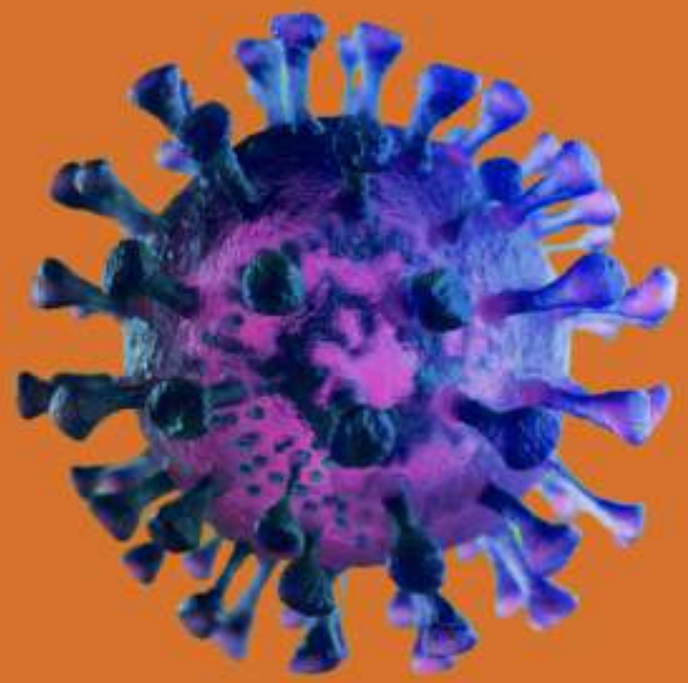
Of those people who become infected by the coronavirus

Around 15% currently get severe symptoms



A small minority of cases currently become critical

At present, for the large majority it is likely to cause relatively mild symptoms



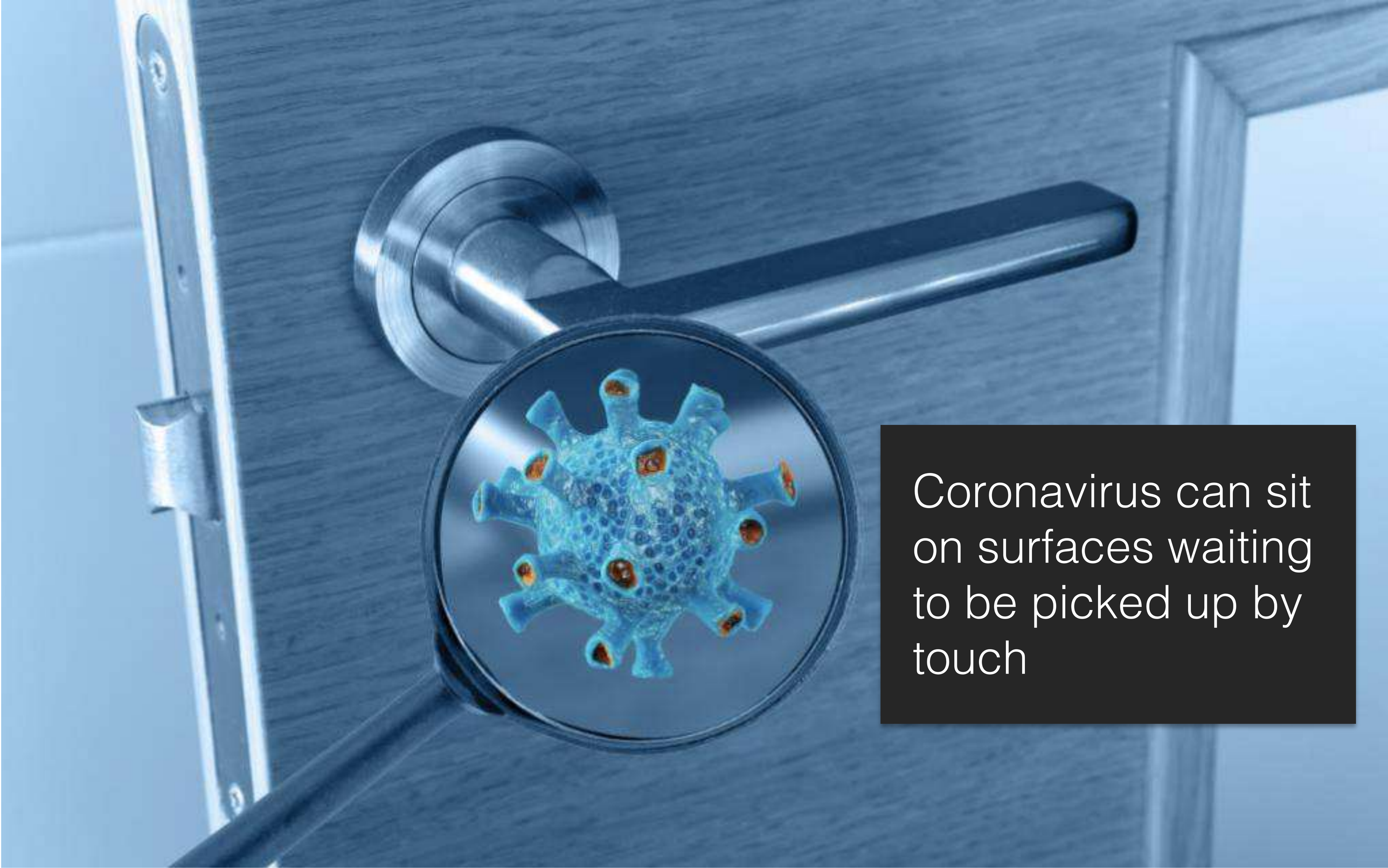
HOW IT SPREADS

Understand how the virus moves around

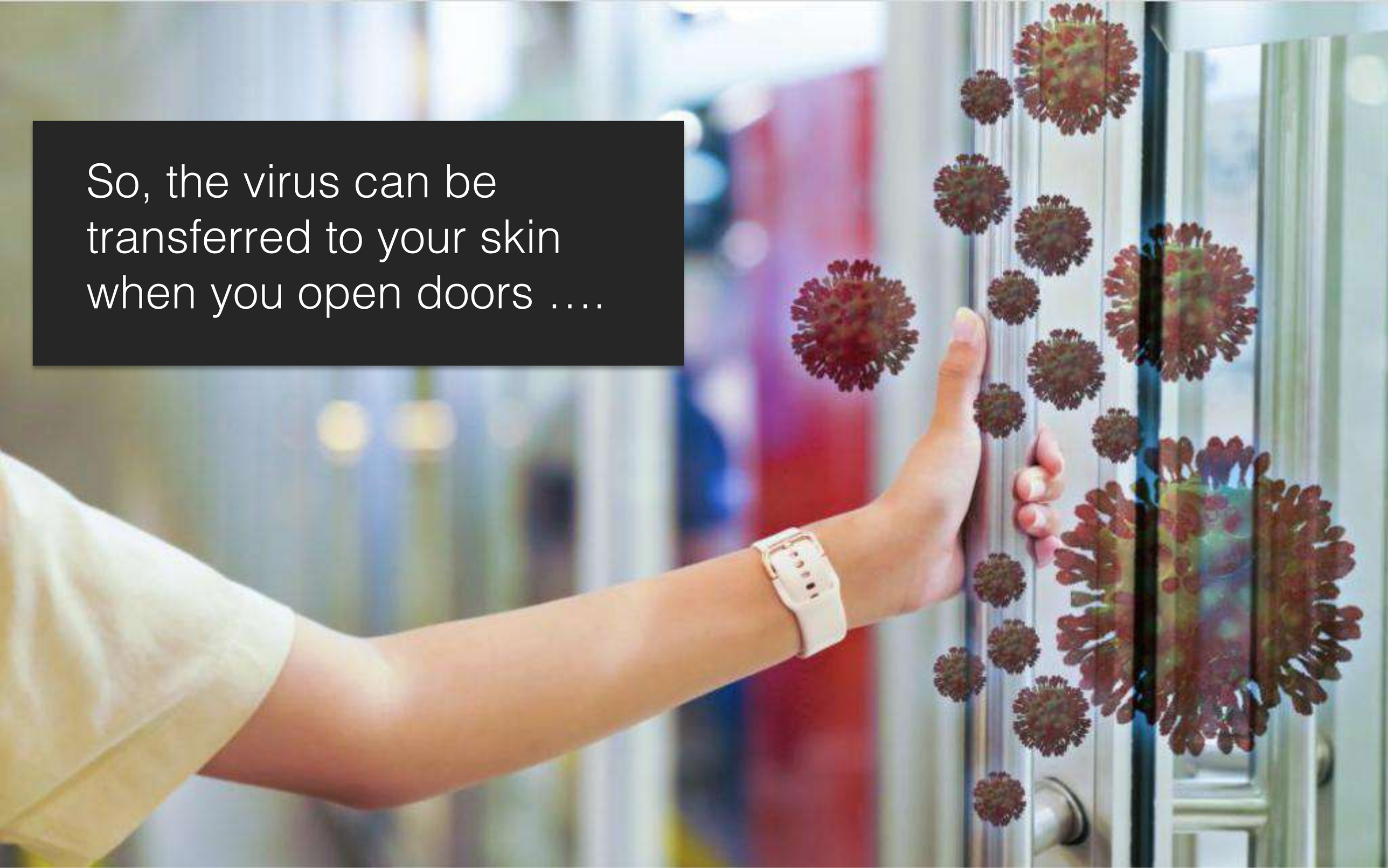
The virus can spread through the air when infected people sneeze

It can also be spread by touching someone who has the virus on their skin

NOTE: Just picking up the virus on your skin does not infect you – it still has to get inside your body

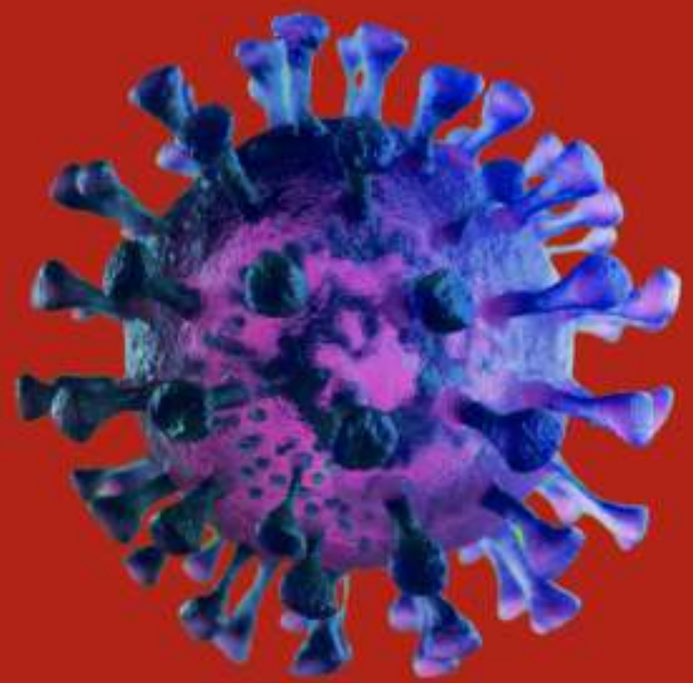


Coronavirus can sit on surfaces waiting to be picked up by touch


So, the virus can be transferred to your skin when you open doors ....

Switch on lights ...

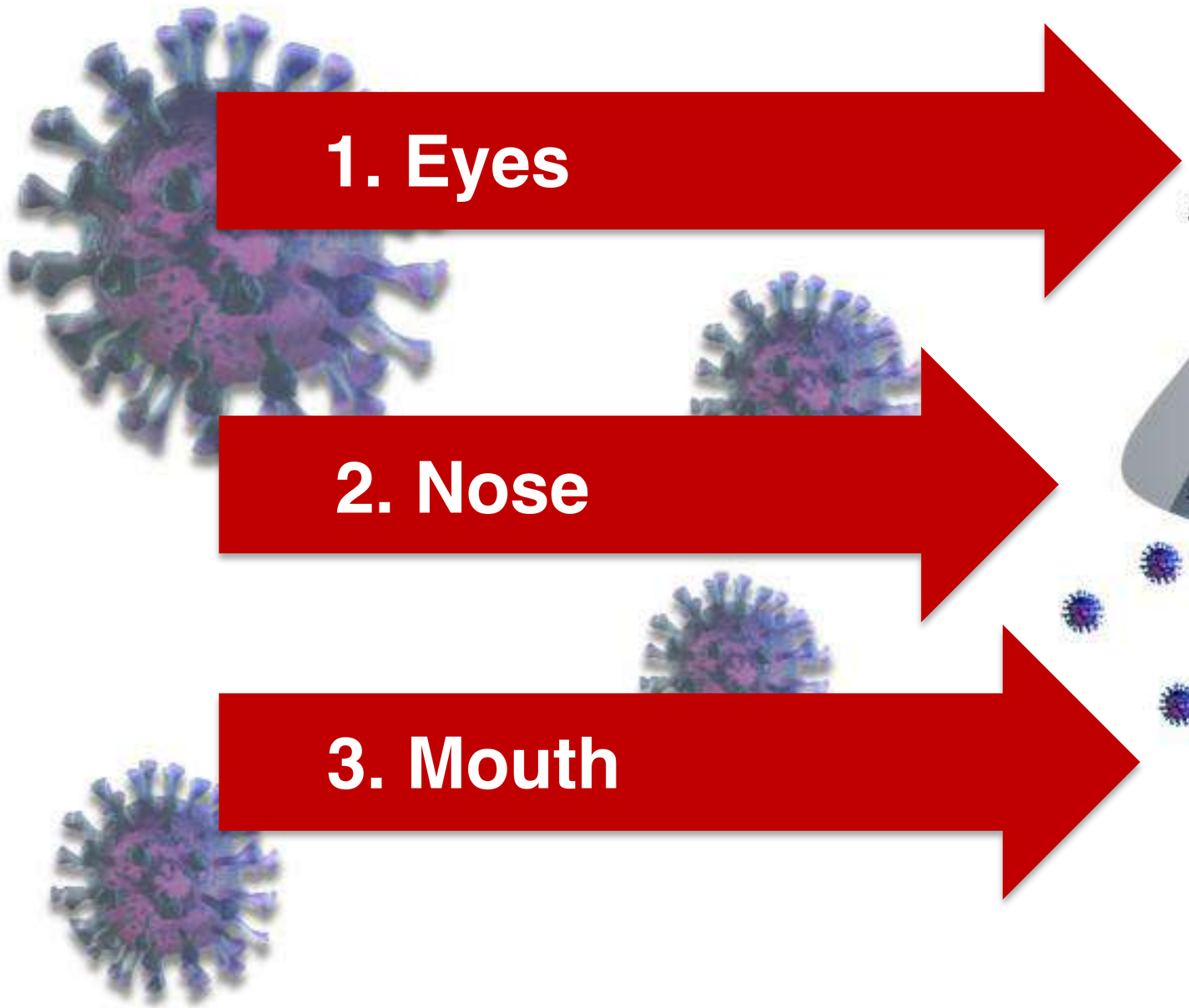
Or, touch any commonly used surface



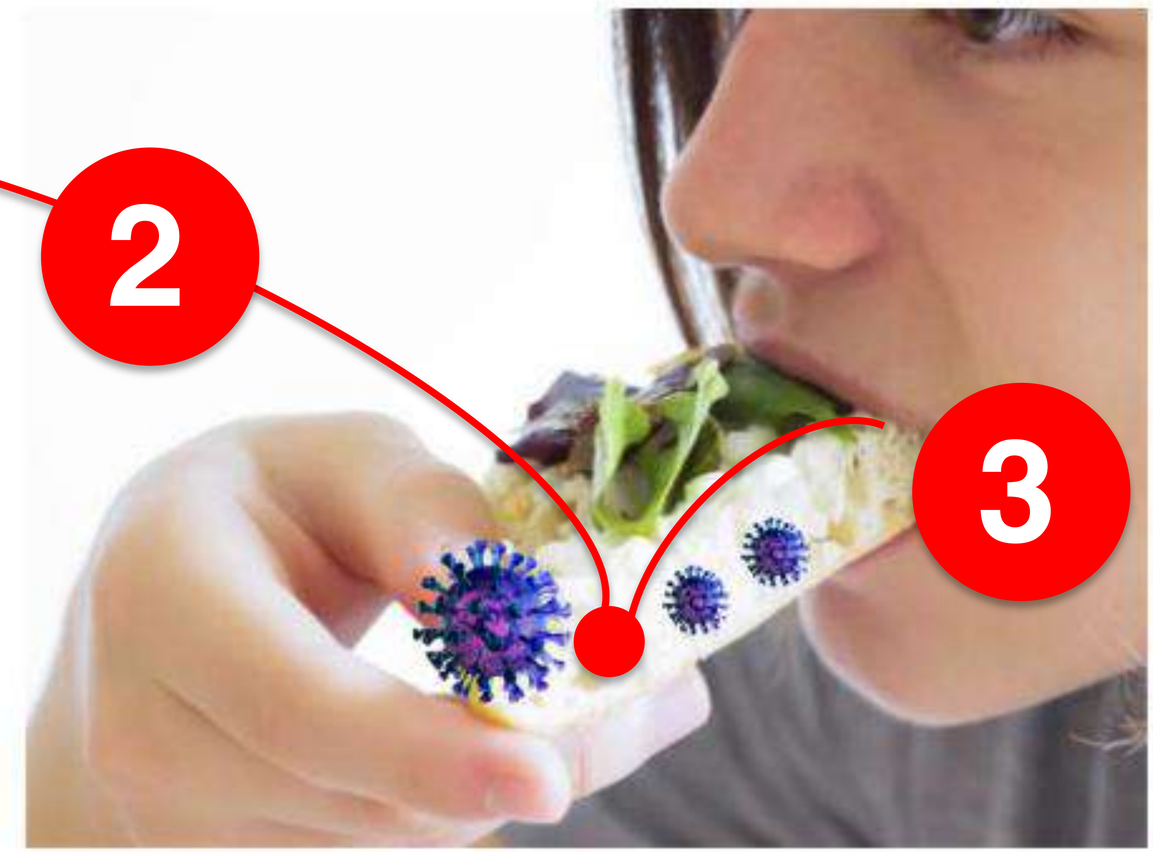
INFECTION RISKS

How the virus gets into your body

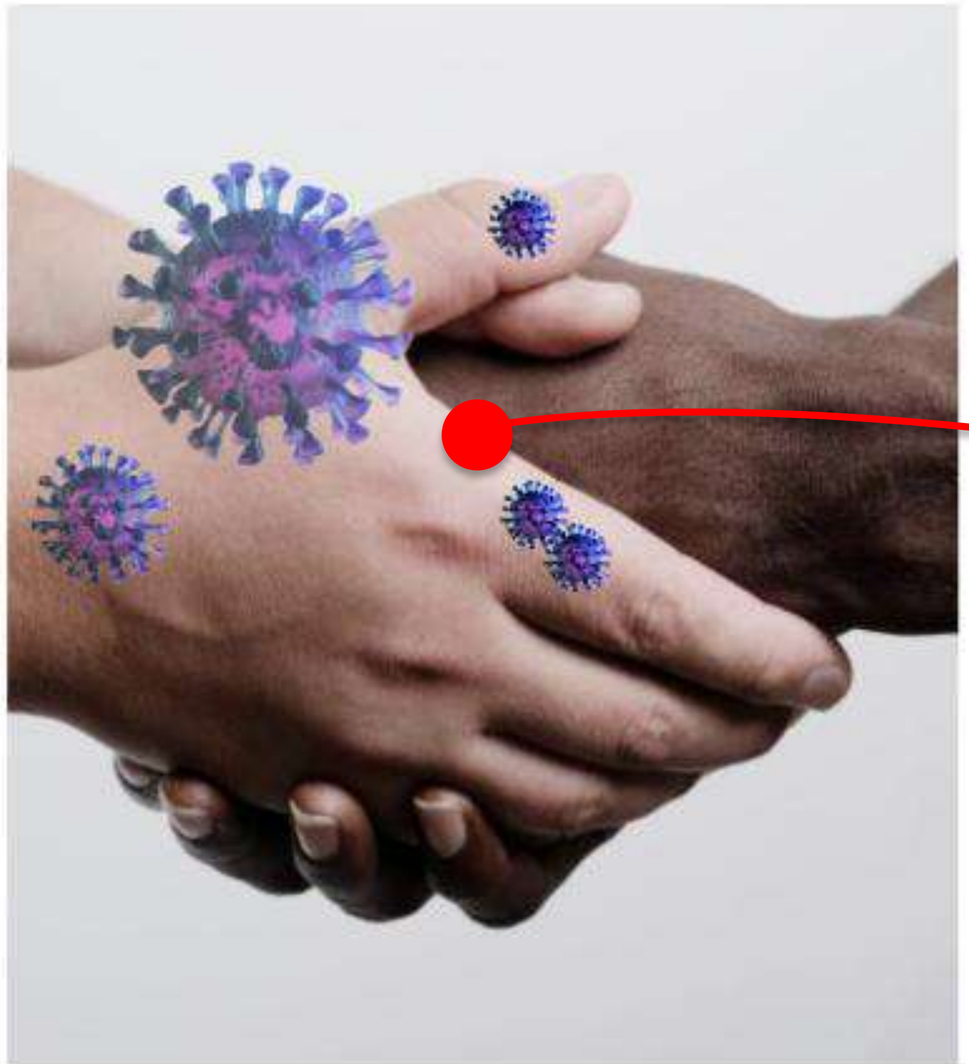
The virus can get into your body via three main routes



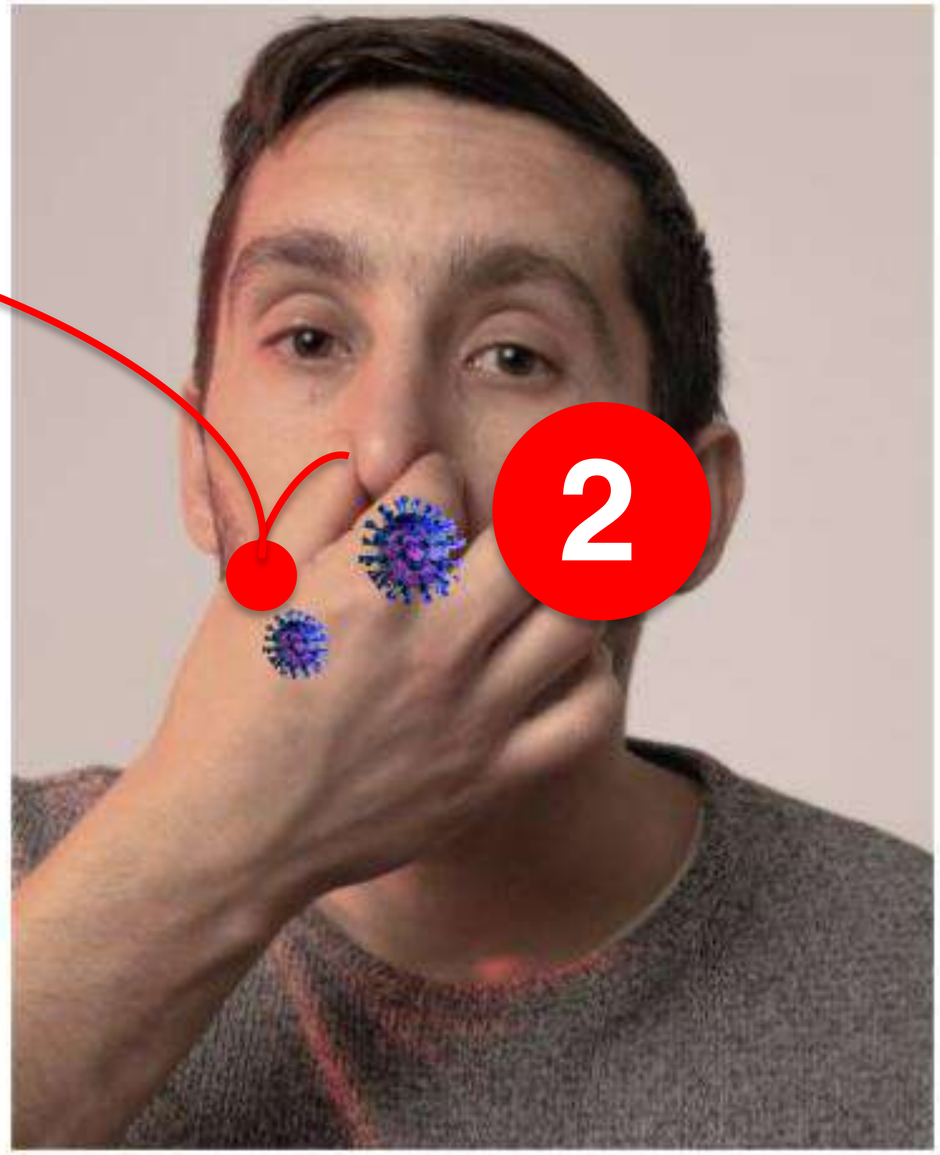
Virus infection journey - eating in a public restaurant

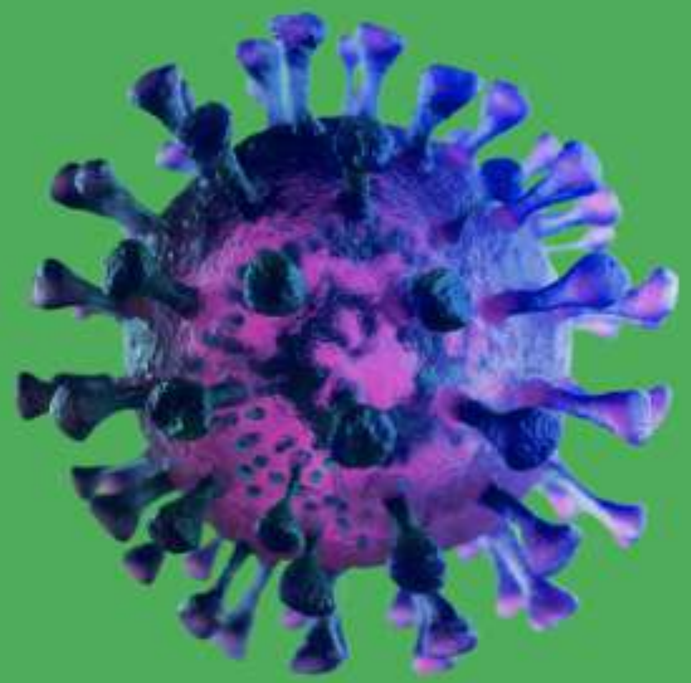


Virus infection journey - workplace meeting



Virus infection journey - moving around the workplace



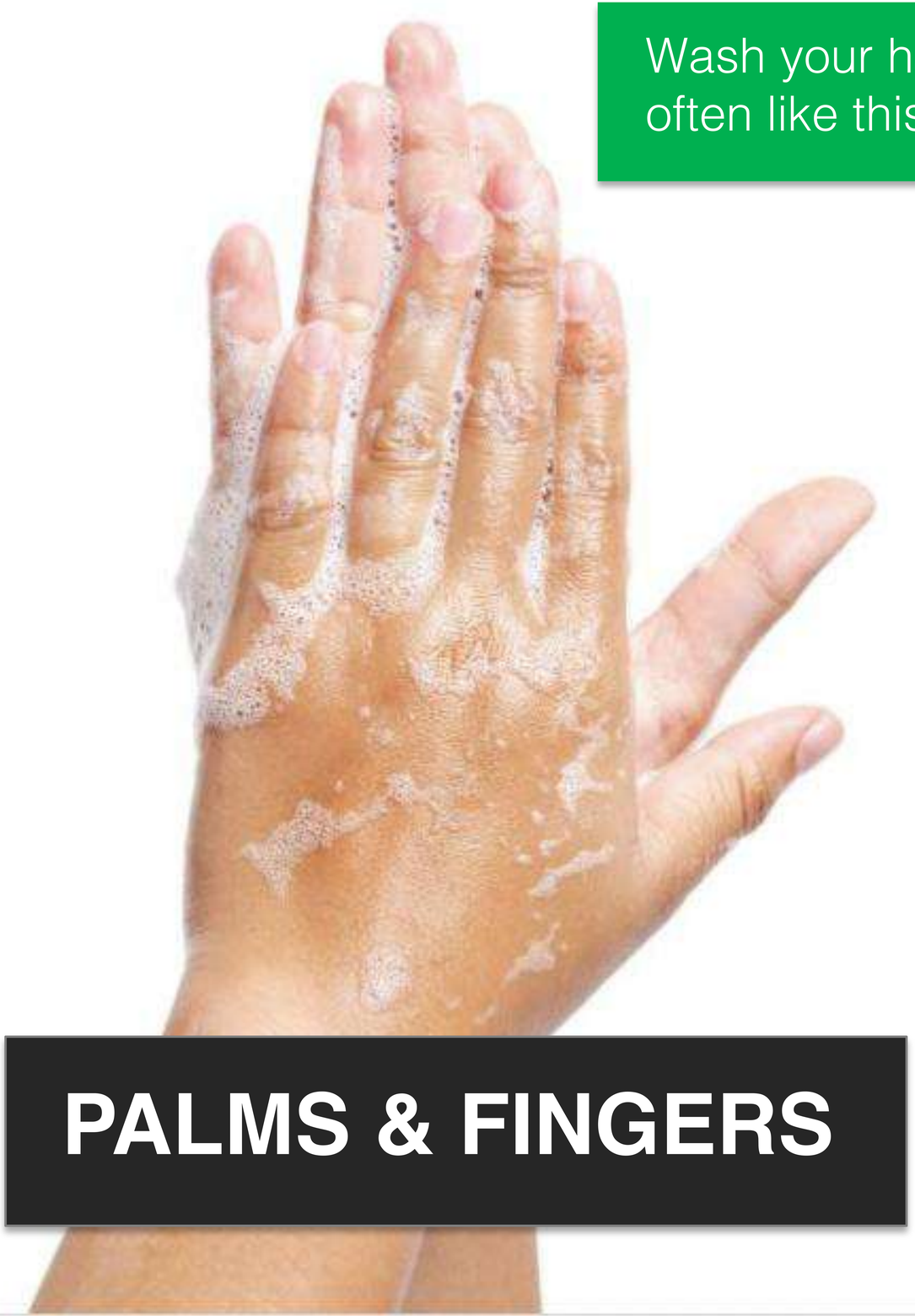


SAFETY TIPS

Simple measures to keep safe

Washing your hands regularly and thoroughly will significantly reduce your risk of infection

Wash your hands more often like this….



PALMS & FINGERS

And like this….

Wash your hands for at least 20 seconds

WRIST

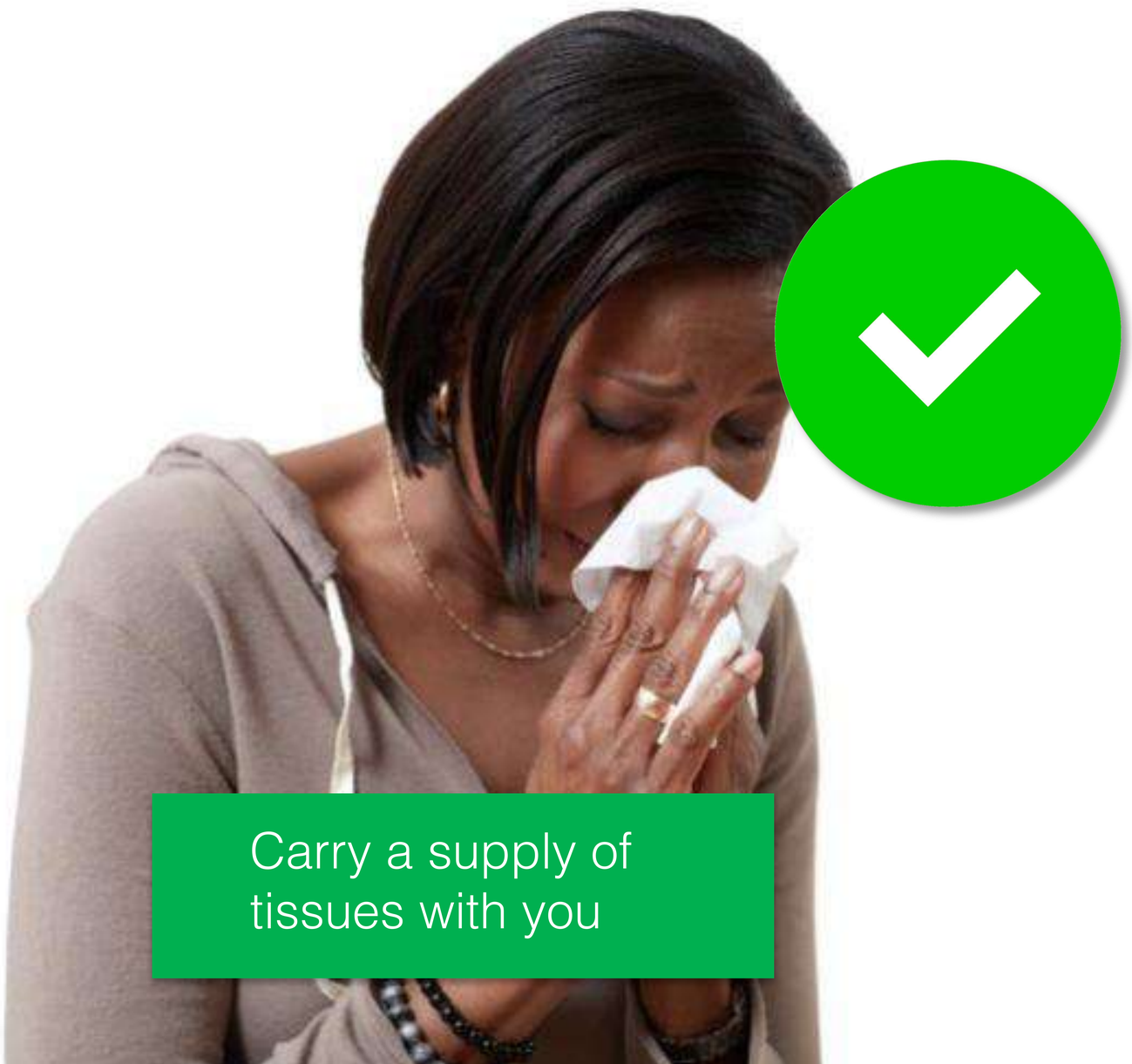
THUMBS

KNUCKLES

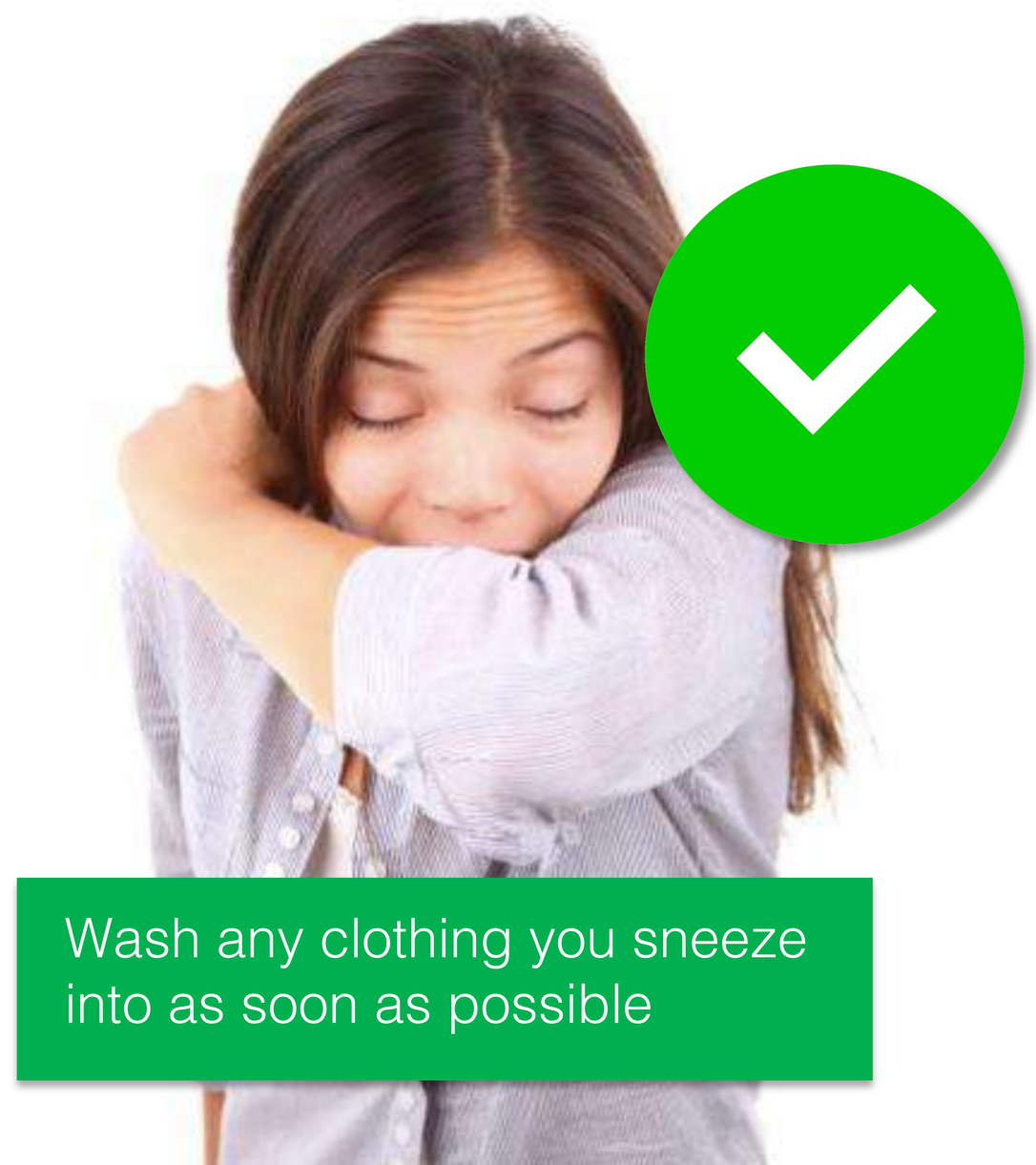
Supplement hand washing with the use of hand sanitiser that helps kill the virus

Keep your nails short - long nails can harbour the virus and are more difficult to keep clean

If you sneeze, use a tissue - if you don't have a tissue use your arm and sneeze into your elbow



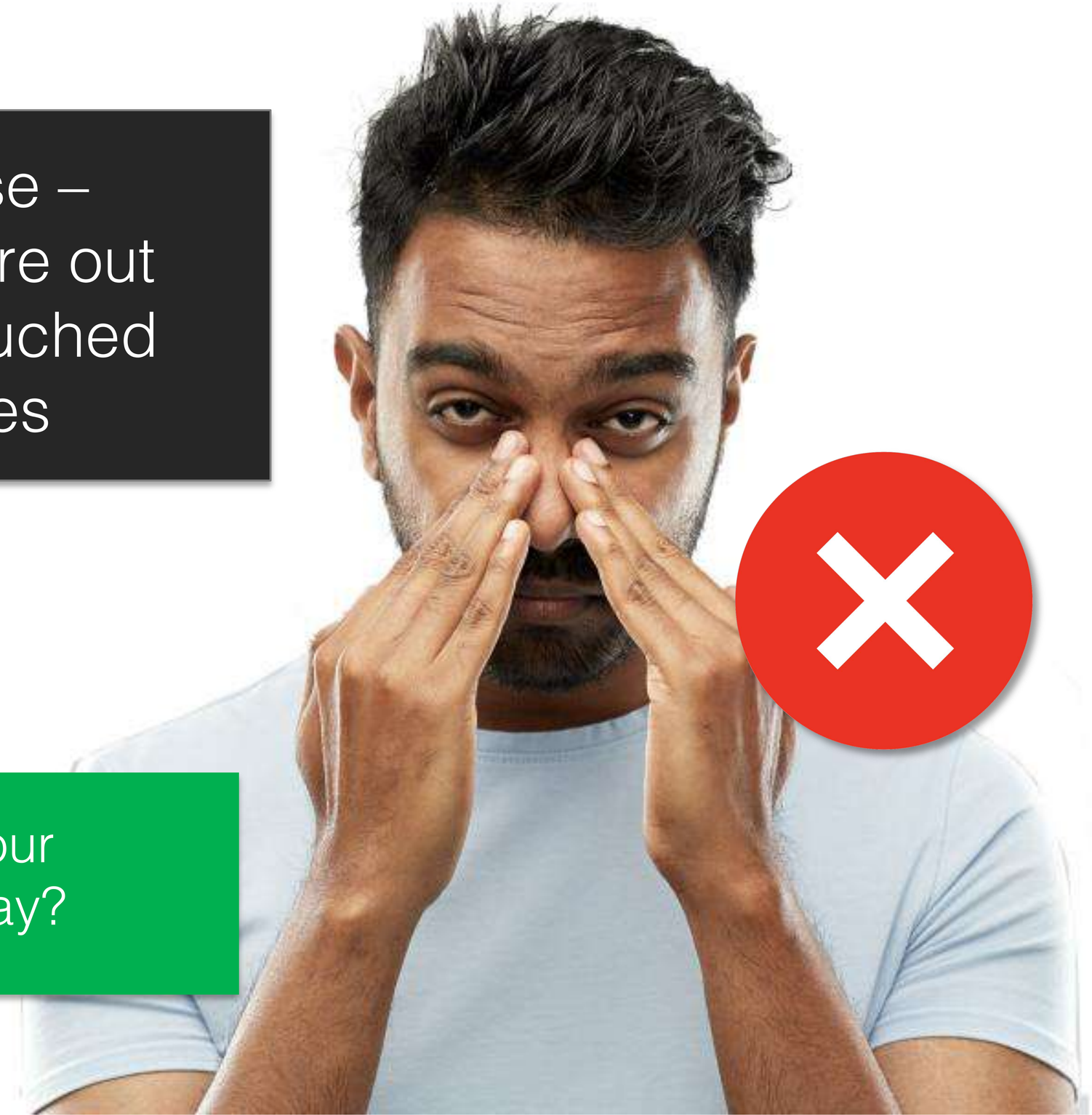
Carry a supply of tissues with you



Wash any clothing you sneeze into as soon as possible

Throw away any tissues you have used into the bin – do not leave them lying around

Avoid touching you nose – particularly when you are out and about and have touched commonly used surfaces

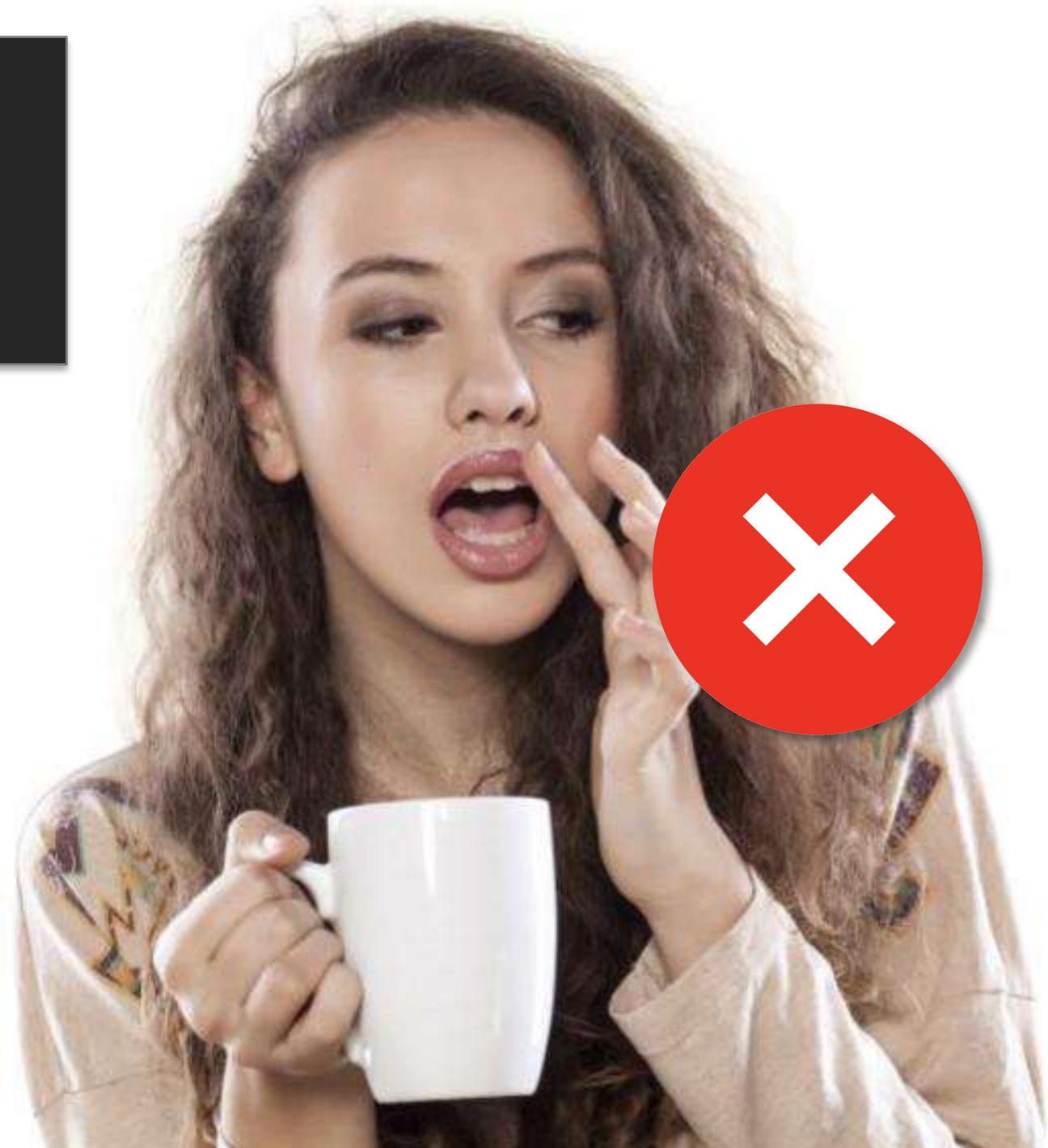


How often do you touch your nose like this during the day?

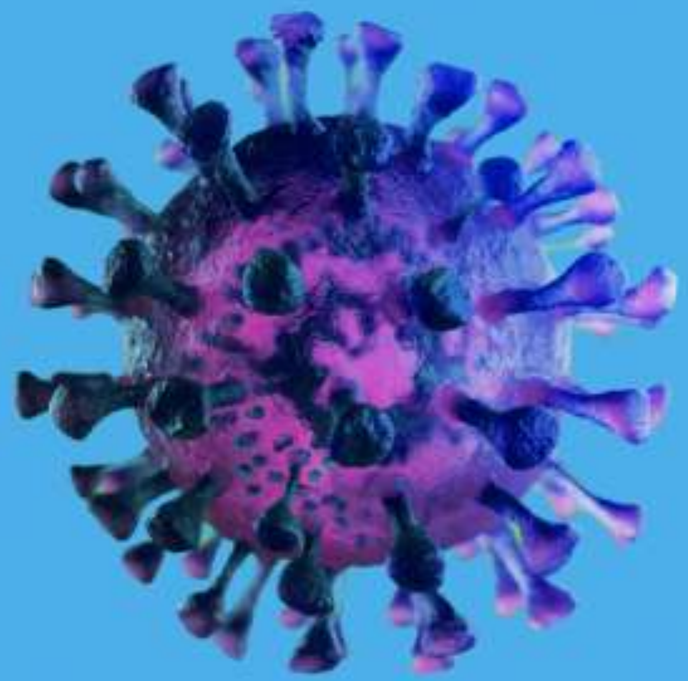
Avoid rubbing your eyes

When might you be tempted to touch your eyes like this?

Avoid touching your lips or tongue with your fingers



What situations during your daily routine might cause you lick your fingers or touch your lips?



IF YOU FALL ILL

What to do if you think you have become infected

If you think you might have coronavirus:

- **Do not** go to a GP surgery, pharmacy or hospital
- Call **111** for initial assistance
- Or, use the online service: **https://111.nhs.uk**

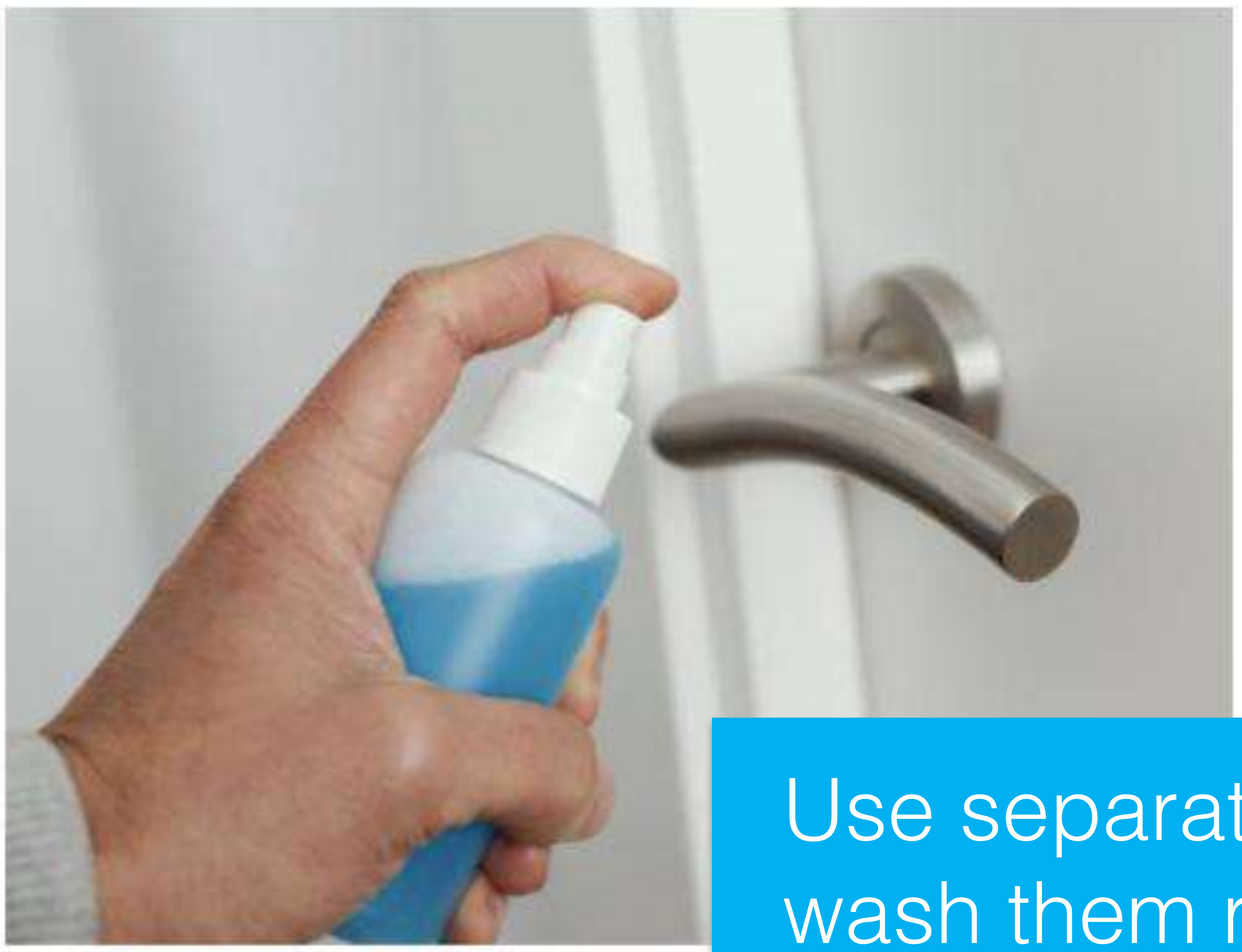
There is currently no specific treatment for coronavirus - treatments aim to relieve the symptoms while your body fights the illness

You'll need to stay in isolation away from other people until you've recovered

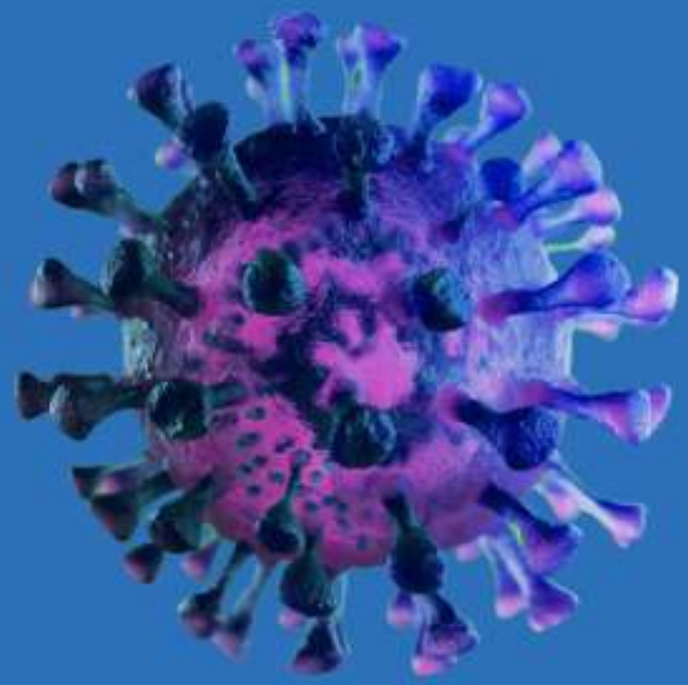
If you have been told to self-isolate, stay indoors and avoid contact with other people for 14 days

Stay in a well ventilated room

During isolation, try to avoid contact with your family members and clean surfaces after each use

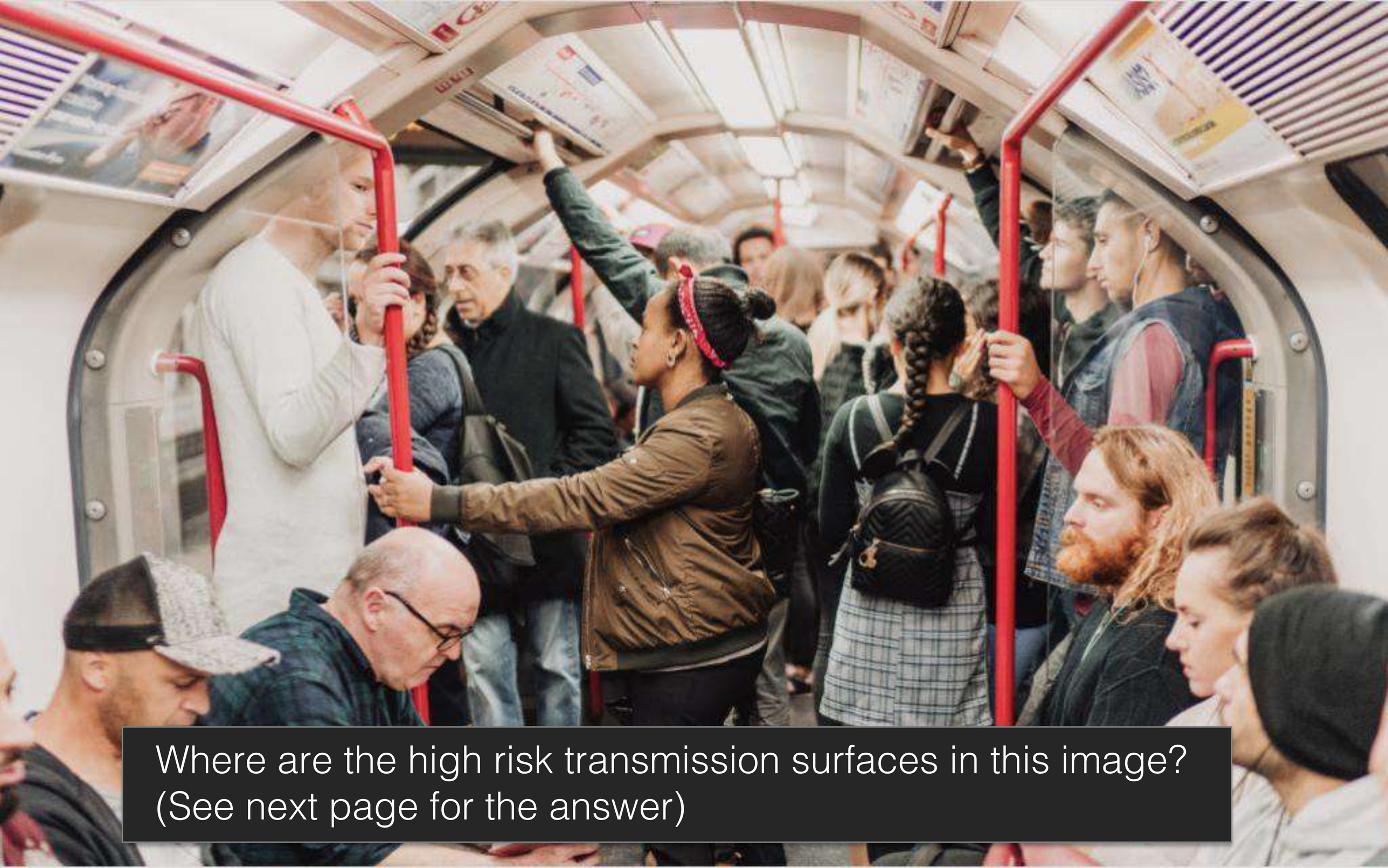


Use separate towels and wash them regularly

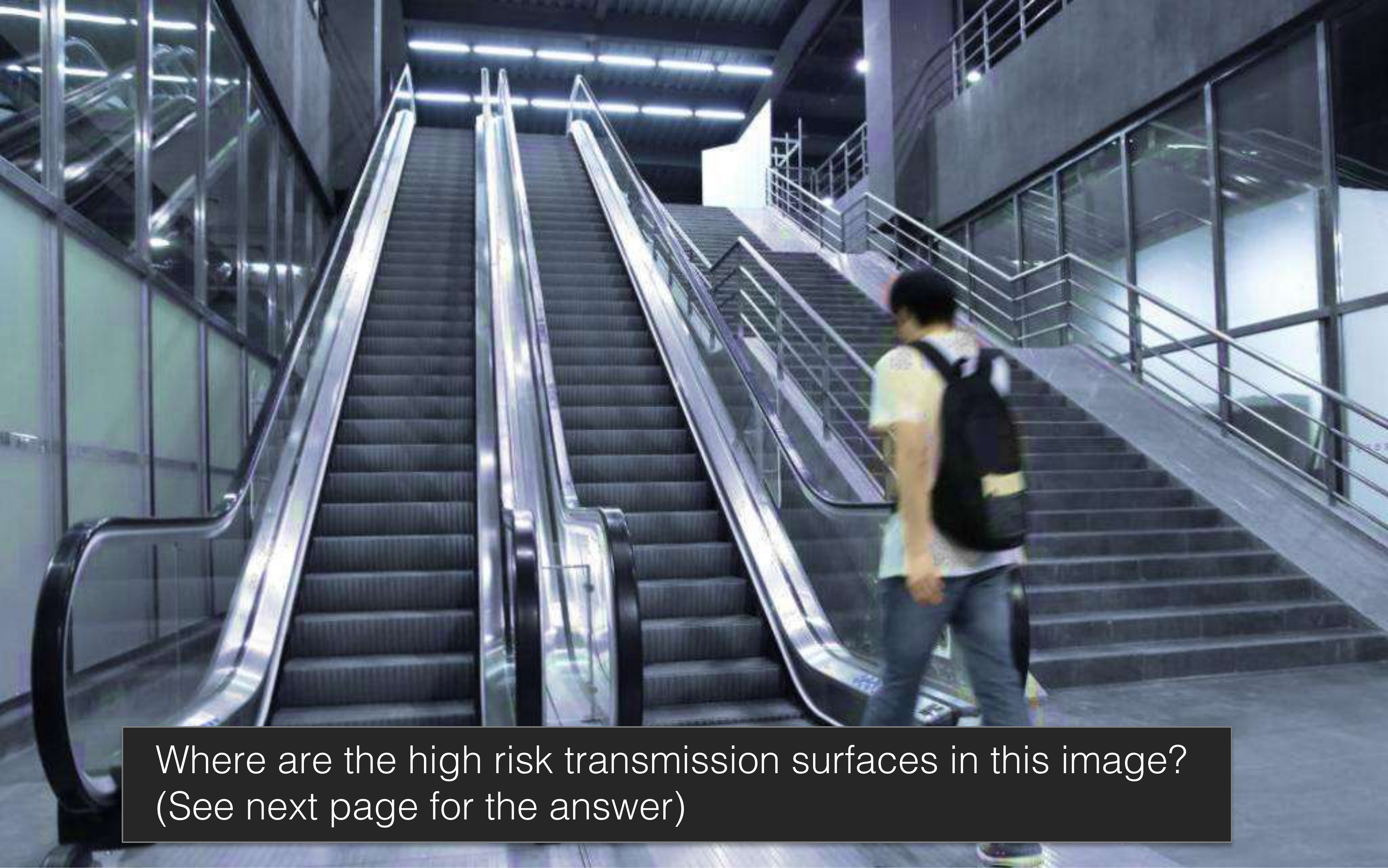


REMINDER

Test what you have learnt



Where are the high risk transmission surfaces in this image?
(See next page for the answer)



Where are the high risk transmission surfaces in this image?
(See next page for the answer)

Where are the high risk transmission surfaces in this image?
(See next page for the answer)

CORRECTION
ACCEPT

Build Skills
Change Habits

An Innovative online training system that uses cutting edge behaviour change technology

HUMAN FOCUS

Human Focus International Limited
Chapter House
33 London Road
Reigate
Surrey
RH2 9HZ

Phone: 01737 647 882
Email: enquiries@humanfocus.co.uk

© Human Focus International Limited December 2019