**Thamesmead Medical Associates**

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**Corona Virus Update 31/01/2020**

**Information about the virus**

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. 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.

## Advice for travellers from Wuhan

If you have returned from Wuhan in the last 14 days:

* stay indoors and avoid contact with other people as you would with other flu viruses
* call NHS 111 to inform them of your recent travel to the city

Please follow this advice even if you do not have symptoms of the virus.

### What this means in practice

We are asking people to take simple, common-sense steps to avoid close contact with other people as much as possible, like they would with other flu viruses.

This means remaining at home for 14 days after arriving from Wuhan and not going to work, school or public areas.

Where possible, you should avoid having visitors to your home, but it’s ok for friends, family or delivery drivers to drop off food.

More information can be found at

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