



Haywards Heath and District Probus Club

UPDATE for Probus Club Members/Wives/Partners and Widows

Issued on **17th March 2020**

Update Number 2: Advice and Information on Coronavirus for members and families of Haywards Heath & District Probus Club

By now, everyone should know that COVID-19 is an illness that can affect your lungs and airways, caused by a virus called coronavirus.

The Executive Committee of Haywards Heath and District Probus Club asks members and families to keep themselves up to date with advice from the government, NHS and the World Health Organisation about coronavirus. Links to several useful sources for further information are provided in this paper.

If a member or his immediate family has contracted coronavirus, please can you contact **Brian Bridges**, our **Welfare Officer** to let him know? Obviously, if a member should contract the virus, he should not be visited but if the member has expressed a wish to be phoned or contacted by email (or not to be contacted), can Brian please be informed? His contact details are as follows: **telephone 01273 400686**, Email: bridgesduo@gmail.com

In general, other precautions such as washing your hands before and after lunch and/or (if available) using hand sanitiser gel and reducing physical contact such as shaking hands, should be followed until further information becomes available. Use paper hankies: The mantra should be catch it, kill it, bin it.

Britain on lockdown for four months - at least

The front page of today's Telegraph says it is Britain's [biggest restriction of civil liberties in peacetime](#). PM Boris Johnson declared yesterday that everyone in the UK must avoid visits to pubs, restaurants and "non-essential contact". He said all "unnecessary" travel must end, meaning employees should work from home "if possible". Health Editor **Laura Donnelly** reports that around a third of the public - everyone over 70, millions who are younger but suffer from health conditions, and pregnant women - are being asked to [avoid almost all social contact from this weekend](#). Search for where UK coronavirus cases have been detected [by postcode](#).

Within hours of Boris Johnson's announcement yesterday, President Emmanuel Macron [ordered troops on the streets of France](#) to enforce a curfew and relaxed tax and rent rules. In the US, Donald Trump sparked another stock-market crash after warning of a possible recession as [he banned gatherings of more than 10 people](#). The EU suspended the Schengen zone and [border checks were reintroduced](#). Meanwhile, a team of Chinese scientists sparked hope of a vaccine after monkeys infected with coronavirus [developed an effective immunity from the disease](#).

Written and published by Martin Pollins 07710 356825 or mpollins@onesmartplace.com

Coronavirus Cases Worldwide:
184,134

[view by country](#)

Deaths:
7,182

Recovered:
79,927

Source: www.Wordometer.com

As of 9am on 16 March 2020, 44,105 people have been tested in the UK, of which 42,562 were confirmed negative and 1,543 were confirmed as positive.

The Politico Blog (<https://www.politico.eu/article/coronavirus-live-updates-latest-news-blog>) is a useful source for the latest news on the pandemic.

Useful Jargon

In everyday conversations, people sometimes use quarantine and isolation interchangeably to refer to separating people in various ways due to the spread of a disease. But for doctors, public health officials, and other professionals, there is an important distinction between quarantine and isolation:

- **Endemic:** a disease that exists permanently in a particular region or population. Malaria is a constant worry in parts of Africa.
- **Epidemic:** An outbreak of disease that attacks many peoples at about the same time and may spread through one or several communities.
- **Pandemic:** When an epidemic spreads throughout the world.
- **Quarantine** is “a strict isolation imposed to prevent the spread of disease. It involves: *the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease.*
- **Isolation** is when someone is set apart or separated from other persons. It entails: *the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease.*

Distinguishing Characteristics of Bugs (Main source: DCC Mayo Clinic)

Colds or Allergies

- ✓ Itchy Eyes
- ✓ Stuffy Nose
- ✓ Sneezing

• Flu or Coronavirus

- ✓ High Temperature/Fever
- ✓ Tiredness
- ✓ Body Aches
- ✓ Cough
- ✓ Symptoms Worsening

• Coronavirus

- ✓ Shortage of Breath
- ✓ Travelled Recently
- ✓ Exposure

The BBC reports that it takes five days on average to start showing the symptoms of the Coronavirus virus, according to some scientists but some people will get symptoms much later than this.

The incubation period lasts up to 14 days, according to the World Health Organization (WHO), although some researchers say it may be up to 24 days.

Knowing and understanding the incubation period is very important. It allows doctors and health authorities to introduce more effective ways to control the spread of the virus.

Reminder: Information Sources

Information is available (at: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>) for the public on the outbreak of coronavirus, including the current situation in the UK and information about the virus and its symptoms.

See all updates at: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public#history>

Information about the virus and how to protect yourself is available at: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The Department of Health and Social Care will be publishing updated data at <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public> every day at 2pm until further notice.

There are some countries and areas where there's a higher chance of coming into contact with someone with coronavirus. See NHS coronavirus advice for travellers at: <https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-travellers/>.

Reminder: How to avoid catching or spreading coronavirus

Do

- 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 if soap and water are not available
- 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
- try to avoid close contact with people who are unwell

Don't

- do not touch your eyes, nose or mouth if your hands are not clean



Check if you need medical help

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Information on using the 111 coronavirus service is available at: <https://111.nhs.uk/covid-19>

You should use the 111 service if:

- you think you might have coronavirus
- in the last 14 days you've been to a country or area with a high risk of coronavirus – see NHS coronavirus advice for travellers at: <https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-travellers/>
- you've been in close contact with someone with coronavirus

Important: If you think you may have contracted the virus or have been in touch with someone who has the virus, do not go to a GP surgery, pharmacy or hospital. Call 111 by phone if you need to speak to someone.

Self-Isolation

How to self-isolate if you're asked to do so

If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate). This means you should:

- stay at home
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food

You may need to do this for up to 14 days to help reduce the possible spread of infection.

Read more coronavirus self-isolation advice at: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

Reminder: Treatment for coronavirus

The World Health Organisation says that in more severe cases of coronavirus, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) are more likely to become severely ill.

There is currently no specific treatment for coronavirus. Antibiotics do not help, as they do not work against viruses.

Treatment aims 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.

Basic protective measures against the new coronavirus

You should stay aware of the latest information on the COVID-19 outbreak, available on the WHO website at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Take care of your health and protect others by doing the following:

- **Wash your hands frequently:** Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- **Maintain social distancing:** Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain a virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

- **Avoid touching eyes, nose and mouth:** Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you ill.
- **Practice respiratory hygiene:** Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

**In conclusion: If you have fever, cough and difficulty in breathing, seek medical care early.
Stay home if you feel unwell.**

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



**Throw tissue into closed bin
immediately after use**

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



World Health
Organization