

## **Factual Update for Sports – COVID-19 (Coronavirus) Update 3<sup>rd</sup> March 2020**

As most are aware, there are increasing numbers of COVID-19 coronavirus cases. Whilst the majority of the cases are in China, there are increasing cases in other countries.

Current advice from the UK Departments of Health is evolving and specific advice varies according to the area you have visited. Please follow the specific advice below and dial NHS 24 on 111 for further guidance. **The list is likely to change as new cases are found.**

### **Self Isolate and contact NHS (dialing 111) regardless of symptoms**

- Hubei province (returned in the past 14 days)
- Iran, specific lockdown areas in northern Italy & ‘special care zones’ in South Korea since the 19<sup>th</sup> February 2020

### **Self-isolate and contact NHS (111) if you have symptoms**

- Mainland China or South Korea, Hong Kong, Japan, Macau, Malaysia, Singapore, Taiwan or Thailand in the last 14 days and have a cough, high temperature or shortness of breath (even if your symptoms are mild)
- other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Cambodia, Laos, Myanmar or Vietnam since 19 February and have a cough, high temperature or shortness of breath (even if your symptoms are mild)

### **Facts and Prevention**

COVID-19 is mainly transmitted by large respiratory droplets, either aerosolised secretions or through direct or indirect contact with contaminated surfaces. It has also been detected and potentially transferable from blood, faeces and urine. It can remain on surfaces for several days. The current view is that COVID-19 has a 5-7 day incubation period but it may be as long as 14 days.

### **Things you can do now to minimise risk:**

- I. Excellent **hand washing** regularly through the day + **use of hand-based gel / foam**  
Normal soap is incredibly effective in destroying the membrane of the virus and killing it immediately. In fact, it reduces risk by 54% if you do it regularly and do it well. Dry hands thoroughly afterwards with either disposable paper towels or a hand drier.
- II. **Regular cleaning** of common surfaces (door handles, equipment) with normal soap-based detergents, and avoid touching too many public surfaces if you can.
- III. Ensure you’re healthy and well. **Eat well / sleep well / keep active**
- IV. **Risk avoidance** – be mindful of public spaces (supermarkets, restaurants, shopping centres) and avoid people who are coughing / sneezing. Face masks are probably ineffective.
- V. **Isolation** of cases – anyone with respiratory symptoms (dry cough, fatigue, sore throat) and a temperature should self-isolate and contact the NHS on 111.

**If you are unwell in the UK:**

- I. **DO NOT go to your health centre or hospital but call NHS 24 on 111** for further advice.
- II. There are clear published guidelines for health professionals on how to manage cases

**If you are unwell whilst abroad:**

- I. **Be aware that the status of where you are travelling to may change** while you are there. This could impact on your travel back to the UK.
- II. **Be aware** of how to access medical care abroad.
- III. You may be asked to remain where you are and the local healthcare team will come to you to assess your symptoms.



World Health Organisation YouTube video: <https://youtu.be/mOV1aBVYKGA>

**Useful links to regularly updated advice**

NHS Inform website

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

Dept of Health ( UK Government ) will be updated a 2pm daily via

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

World Health Organisation situation report ( updates )

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

**Advice for Healthcare Professionals**

<https://www.gov.uk/government/publications/wn-cov-guidance-for-primary-care>