What are the symptoms & why do we have to treat it so seriously?

We understand that it is all too easy to feel overwhelmed and confused about the virus we have come to know as Novel Coronavirus (Covid-19) which has spread across the globe in recent months. There is a lot of information out there - and not all of it is very clear - so here’s our guide to help you understand what’s most important so that you can keep yourselves, your families and our community healthy during this pandemic.

Covid-19 is a new illness which attacks the lungs and airways. The main symptoms of the virus are a high fever (above 37°C), feeling hot to the touch on the chest or back and/or a new ongoing dry cough. Most people’s symptoms will be fairly mild and can be treated at home just like the seasonal flu. However, there are many people who have underlying health conditions (many of which are completely hidden) which immediately put them at risk and who will not be able to fight the virus without medical intervention. We have already had many deaths in the UK due to people not being able to fight off this virus and many hundreds more having to be hospitalised. It is fast becoming the biggest global health crisis since World War II, and we simply don’t have the NHS resources to cope unless strict measures are put in place to protect both staff and patients. The hard truth of the matter is that unless we do our bit, many people will die unnecessarily.

At the moment, what we know is that the virus passes from person to person through human contact. Someone who has the virus passes on tiny respiratory droplets on their hands or clothes after sneezing or coughing.

How can you ensure you stay safe?

Stay at home. Unfortunately the government’s advice around ‘social distancing’ - to keep 2m away from each other (excl. immediate family members), has not deterred enough, so now (as of 23rd March 2020) no one is to leave home, unless it is absolutely essential i.e. for food and medication.

Wash your hands. The only way to stop the spread between people is to keep washing hands with soap and water and to regularly clean all hard surfaces such as door handles.

High risk patients

The government has written to many patients who they deem most at risk from the virus due to pre-existing medical conditions. If you have received the letter please do all you can to stay safe and follow the advice given. A copy of the letter can be found on our website in the ‘Coronavirus’ section (in Advice & Help Zone).

Website—Coronavirus Advice & Help

We’re doing all we can to ensure you have access to the latest information and support at your fingertips, which is why we have a designated area on our website. There you will find the latest government advice plus lots of helpful information about charities and community services who are helping our patients ensure they stay safe and well.