



DISTRICT GRAND COUNCIL OF THE ALLIED MASONIC DEGREES OF SURREY



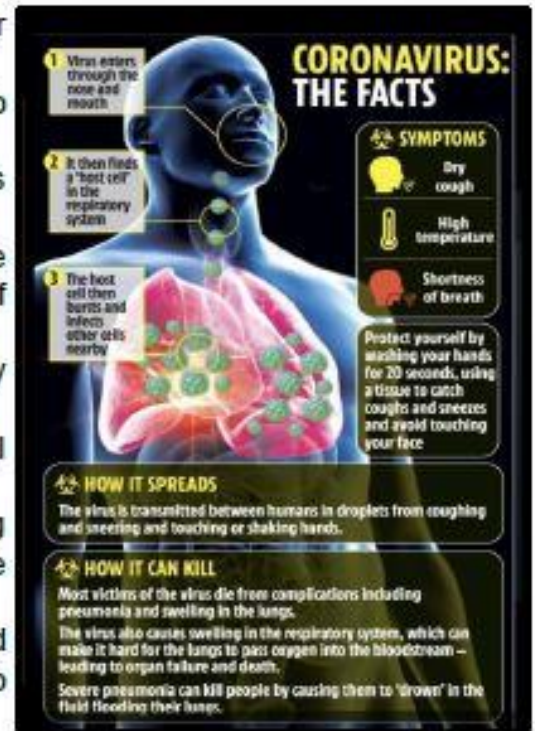
CORONAVIRUS EXPLAINED EXPLAINED Do's & Don'ts

WHAT IS COVID 19 (CORONAVIRUS)

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold, to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19 discovered in China Wuhan Dec 2019.

CORONAVIRUS THE FACTS:

- ⊗ Can be transmitted from person to person by droplets either direct contact airborne, or from touching or shaking hands.
- ⊗ It enters through the nose and mouth by close contact person to person, or from hands when touching the face.
- ⊗ It affects your respiratory system and attaches to other cells before mutating/bursting and affecting them.
- ⊗ Symptoms are flu like but without sneezing and include, but are not limited, to a dry cough, high temperature and shortness of breath.
- ⊗ Symptoms do not show as fast a flu or a common cold, normally four or more days after infection.
- ⊗ The viral infection normally lasts for 14 days, and in normal people will only cause mild to medium irritation.
- ⊗ However, it can kill vulnerable people, those with underlying health problems or the elderly and very young in vulnerable groups.
- ⊗ Most victims die from complications including pneumonia and swelling of the lungs, further making it hard to pass oxygen into the blood stream thus, endangering vital organs.



PROTECT YOURSELF GOOD HYGIENE IS VITAL TO YOUR HEALTH ALWAYS **Do!**



- ➔ Stay in your homes under lockdown or curfew as enforced by the authorities
- ➔ Keeping a social distance of at least 2 metres (6.5feet) when shopping or going out to hospitals or other vital areas or work. Avoid crowded places especially indoors.
- ➔ Wash hands with soap and hot water for at least 20 seconds and after all contact with others or surfaces outside of your normal living area, use hand cleanser when soap and water are not available
- ➔ Protect your skin - wear gloves - use barrier creams etc. **wash, wash, wash!**, your hands
- ➔ Cover your mouth and nose with a tissue or your sleeve when coughing and put used tissues in the bin.



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- Keep the inside of your home, car and all equipment hygienically clean and disinfect all surfaces frequently. Store food substances correctly and clean the packaging before use and straight after purchase.
- Report symptoms of illness, seek medical advice, immediately call **NHS on 111** especially flu-like symptoms, or those described above.
- Remove all waste in sealed bags to your bin and on to communal refuse areas.

PROTECT YOURSELF GOOD HYGIENE IS VITAL TO YOUR HEALTH **Don't!**

- Touch eyes, nose or mouth if your hands are not clean
- Share objects that touch your mouth, for example, bottles, cups etc.
- Dress minor wounds, cuts, grazes etc., *without* cleaning them thoroughly
- Shake hands, make close contact or touch surfaces that you're not familiar with
- Ignore government rules and regulations during the Lockdown process.

UNDERSTAND THE RISK AND THE SYMPTOMS AND PROTECT YOURSELF

HAVE I GOT A COLD, FLU OR COVID-19?			
SYMPTOMS	CORONAVIRUS	COLD	FLU
FEVER	Common	Rare	Common
FATIGUE	Sometimes	Sometimes	Common
COUGH	Common (usually dry)	Mild	Common (usually dry)
SNEEZING	No	Common	No
ACHES & PAINS	Sometimes	Common	Common
RUNNY OR STUFFY NOSE	Rare	Common	Sometimes
SORE THROAT	Sometimes	Common	Sometimes
DIARRHOEA	Rare	No	Sometimes for children
HEADACHES	Sometimes	Rare	Common
SHORTNESS OF BREATH	Sometimes	No	No

GOVERNMENT CORONAVIRUS ADVICE		
	SOCIAL MIXING	FRIENDS AND FAMILY VISITS
Age 0-69	ADVISED AGAINST	ADVISED AGAINST
Age 70+	STRONGLY ADVISED AGAINST	STRONGLY ADVISED AGAINST
People with UNDERLYING HEALTH CONDITIONS	STRONGLY ADVISED AGAINST	STRONGLY ADVISED AGAINST

“REMEMBER GOOD HYGIENE IS VITAL TO YOUR HEALTH”!!!

<p>Wash your hands for 20 secs</p>	<p>Use a tissue for coughs</p>	<p>Avoid touching your face</p>
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