



## COVID-19 (Coronavirus)

### Information for people over 65 or with underlying medical conditions

**Due to the emerging situation in the UK, Europe and across the world it is useful to consider measures to help protect anyone who may be more vulnerable to SARS-CoV2 (Coronavirus)**

This virus which causes COVID-19 is new and can cause pneumonia in some people. As it is a new virus there is no resistance in our population. It seems that those who are older or have underlying health conditions are more vulnerable to the complications of infection with this virus.

**There are some things that will help prevent you from catching the virus:**

- **Hand washing regularly** with soap and water for at least 20 seconds (sing through Happy Birthday twice!)
- **Avoid touching your mouth or face**
- **Begin Social Distancing** (see below)
- **If you smoke, consider stopping** (call Quitline Tel 233170)
- **Follow the Catch it, Kill it, Bin It plan** (carrying tissues, using them to catch a cough or sneeze, disposing of them in a waste bin and then killing any remaining germs by washing hands)

#### **What is Social Distancing?**

This is a well-established way of slowing down the spread of an infection by keeping a distance between people, especially those who are coughing and sneezing.

**You may wish to consider what activities you participate in and decide whether you want to continue with these as the situation with COVID-19 evolves.**

Social distancing means avoiding activities that involve sustained contact with someone who has an infection. This means being within 2metres (6 feet) of that person for more than 15 minutes. So you can still go out for a walk or for exercise in an open outdoor space but avoid non-essential closer contact such as going out to group meetings, dances, meals out, shopping and church services.

It is important however that when your social activities are reduced, you stay in contact with friends or family in other ways, perhaps by phone or through the internet using programmes such as Skype or Facetime Other family members or friends may also be able to help by delivering groceries.

*Social distancing is different from self-isolation. See [gov.gg/coronavirus](https://www.gov.gg/coronavirus)*

#### **Travel Advice**

**At this time the Director of Public Health advises all people who are over 65 or have underlying health conditions to avoid non-essential off island travel and in particular cruises. Further advice can be found on the FCO website <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>**

For further information on all aspects of the Coronavirus go to [www.gov.gg/coronavirus](https://www.gov.gg/coronavirus)

For health concerns call the Coronavirus helpline Tel 756938 or 756969