

Loretto
Care

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Coronavirus

Guide for people we work for

*We are here to support you throughout
the situation with Coronavirus*

We aim to keep delivering as many services as possible and to keep you up to date with the latest advice from the NHS and Scottish Government.

The NHS and Scottish Government have issued guidance on the symptoms of Coronavirus, and what we should do to prevent it from spreading.

Symptoms

- a new or persistent cough
- high temperature or fever
- shortness of breath or breathing difficulties.

Please let us know as soon as possible if you have these symptoms.

Prevention

The guidance from the Scottish Government and the NHS is to prevent the virus spreading by:

- washing your hands often with soap and water or using alcohol-based hand rub
- avoiding touching your eyes, nose and mouth – especially with unwashed hands
- covering coughs and sneezes with tissues, then dispose of these in the nearest waste bin.

What should I do if I get symptoms?

If you have symptoms of Coronavirus, the advice from the NHS is to self-isolate for seven days. This means staying indoors and avoiding contact with other people.

Anyone living in the same home as someone with symptoms of Coronavirus should self-isolate for 14 days.

Contact your GP or NHS 24 (111) if your symptoms:

- are severe or you have shortness of breath
- get worse
- have not improved after seven days.



Self-isolating

The NHS says you should not have visitors, including friends and family. If you live with other people, you are advised to stay two metres away from them.

Please don't go to any of your usual clubs or activities. The NHS also say you should not visit the shops or go to public places.

Cancel your routine medical and dental appointments.

If you live with other people

Use separate bathrooms or kitchens where possible. If sharing, these should be cleaned before use by others.

Use separate household items.

After seven days, if you feel better and no longer have a high temperature, you can return to your normal routine.



We know that staying at home can be difficult, frustrating and lonely for some people and that you may feel low. Staying in touch with family and friends over the phone or on social media can help. You can find more useful advice here: www.nhs.uk/oneyou/every-mind-matters

What is social distancing?

The Government is also recommending social distancing measures to prevent the spread of Coronavirus. This means people avoiding social interaction unless it is essential.

Government advice includes:

- avoiding non-essential use of public transport
- avoiding large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
- avoiding seeing friends and family. Keep in touch using remote technology such as phone, internet, and social media
- using this telephone or online services to contact your GP or other essential services.

Remember, we are committed to delivering services to you as much as possible during the Coronavirus situation.

We will keep reviewing the latest advice and guidance from the Scottish Government and NHS and will keep you updated with the latest advice.