



Letter for member of the public who has been in a coronavirus (COVID-19) affected area* in the last 14 days

PLEASE NOTE: COVID-19 is a new type of coronavirus virus not seen in humans before. What we know about it is changing daily as doctors and scientists study it. The information in this pack is accurate at the time it was printed. But you should check the HSE website at www.hse.ie/coronavirus for the most up-to-date information. The HSE website is updated as new information about COVID-19 becomes available.

Dear Sir/Madam

You have told us that you have been to a **coronavirus (COVID-19) affected area*** in the last 14 days. It's important that you read the following information:

Coronavirus (COVID-19)

COVID-19 is a new type of respiratory illness. This type of coronavirus has not been seen in humans before.

Coronaviruses are a large family of viruses that can cause respiratory illnesses. Some of these illness are not serious, such as a cold. Others are very serious.

What are the symptoms of novel coronavirus (COVID-19)?

Symptoms of COVID-19 can include:

- fever (high temperature)
- a cough
- shortness of breath
- difficulty breathing

What do I need to know?

If you have or develop any of the symptoms above within the next 14 days:

- self-isolate – this means stay at home. Try keep away from other people, especially older people, those with long-term medical conditions, immunosuppressed people, or pregnant women
- phone your GP, GP Out of Hours service or local Emergency Department (ED). Tell them your symptoms and that you have been to a **coronavirus (COVID-19) affected area*** in the past 14 days.
- do not go to your GP or Emergency Department unless told to do so by the GP

Things you can do to protect yourself from getting coronavirus

- Wash your hands properly and regularly.
- Cover your mouth and nose with a tissue or the bend of your elbow when you cough and sneeze.

See advice enclosed “Recommendations to prevent the spread of infection”.

Further information is available on www.hse.ie/coronavirus

If you have further concerns, please contact HSELive again.

Yours sincerely,

***Coronavirus (COVID-19) affected areas**

- Mainland China
- Hong Kong
- Singapore
- South Korea
- Japan
- Iran
- Four regions in Italy
 - Lombardy
 - Piemonte
 - Emilia-Romagna
 - Veneto

Recommendations to prevent the spread of infection

Wash your hands properly and regularly with soap and water or an alcohol-based hand rub:

- after coughing or sneezing
- after toilet use
- before eating
- before and after preparing food
- if you are in contact with a sick person, especially those with respiratory symptoms
- if your hands are dirty
- if you have handled animals or animal waste

Wash your hands with soap and running water when hands are visibly dirty (Figure 1).

Respiratory hygiene (Figure 2):

- Cover your mouth and nose with a clean tissue when coughing or sneezing.
- Throw the tissue in a bin straight away

If you do not have a clean tissue, cough or sneeze into the bend of your elbow.

Avoid close contact with anyone showing signs of respiratory illness such as coughing or sneezing.

Cleaning and disinfecting surfaces:

Clean surfaces, especially ones people touch regularly. Any home cleaning product will do. Disinfect the surface with a disinfectant afterwards.


Waste disposal

Dispose of household waste as you normally would. Used tissues can be disposed of in your normal household bin.

Figure 1

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



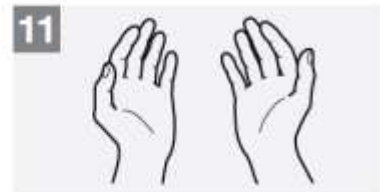
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

Figure 2

COVER UP

COUGHING AND SNEEZING

- 
 - Turn your head away from others
 - Use a tissue to cover your nose and mouth
- 
 - Drop your tissue into a waste bin
- 
 - No tissues? Use your sleeve
- 
 - Clean your hands after discarding tissue using soap and water or alcohol gel for at least 15 seconds



These steps will help prevent the spread of colds, flu and other respiratory infections