

30th March 2020

Coronavirus Frequently Asked Questions

If you have any queries or concerns regarding coronavirus you can contact Nurseplus via our coronavirus mailbox coronavirus@nurseplusuk.com ensuring you state your job role so that advice can be given accordingly. Please ensure you keep your Nurseplus branch team up-to-date if you start to experience COVID-19 symptoms or you're self-isolating due to someone in your household being symptomatic or you fall into an at risk category. We've also put together some frequently asked questions to help you.

Could my symptoms be coronavirus?

The symptoms of coronavirus are:

- a new persistent cough
- a high temperature

If you have either of these symptoms, or someone in your household has these symptoms you must stay at home. Please keep your Nurseplus branch team informed.

I think I may have come into contact with someone with coronavirus, what should I do?

If the person you have come into contact with does not live in your household and you are not symptomatic, then you are not required to isolate. You should continue to observe good infection control measures:

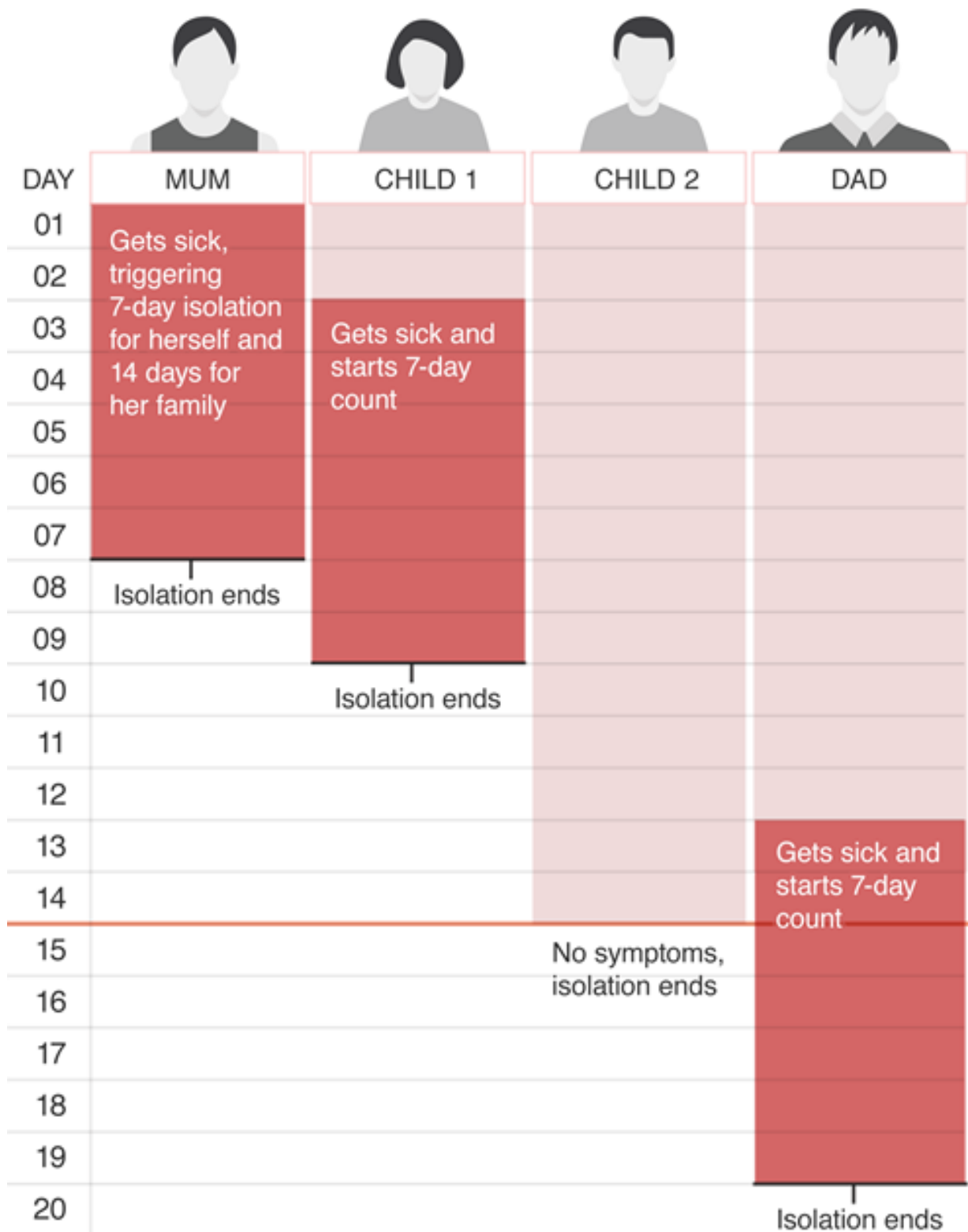
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- do not touch your eyes, nose or mouth if your hands are not clean
- observe infection control procedures and use of PPE when at work

If the person you have come into contact with lives in your household then you will be required to isolate. Please refer to the question to the question below for isolation guidance.

I'm unsure if I need to isolate or how long for. What is the guidance for isolation?

- If you live alone and have symptoms of COVID-19, however mild, you must stay at home for **7 days** from when your symptoms started.
- If the you live with others and you are the first in the household to have symptoms of COVID-19, then you must stay at home for **7 days**, but all other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill. Refer to diagram below for further guidance.
- For anyone else in the household who starts displaying symptoms, they need to stay at home for **7 days** from when their symptoms appeared, regardless of what day they are on in the original 14 day isolation period. Refer to diagram below for further guidance.
- If you have come into contact with a confirmed case or with someone displaying COVID symptoms outside of their household, you can remain at work.

What happens if someone in your family gets sick?



Source: Public Health England advice



[How should I self isolate myself if I think I have coronavirus?](#)

You should isolate yourself from other people.

This means you should:

- stay at home
- not go to work, school or public areas
- not use public transport or taxis
- ask friends, family members or delivery services to carry out errands for you
- Not allow visitors into your home

Please find all the up-to-date stay at home Government guidance here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Please keep your Nurseplus branch informed if you require self-isolation.

I'm worried I'm at risk of contracting coronavirus whilst at work, what should I do?

The adoption of good infection control measures will help to mitigate the risk of the spread of infection.

- Ensure you follow the infection control policies and procedures of the setting that you are working in.
- Wash your hands with soap and water often – do this for at least 20 seconds.
- Use hand sanitiser gel if soap and water are not available.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin immediately and wash your hands afterwards.
- Do not touch your eyes, nose or mouth if your hands are not clean.
- Observe infection control procedures and use of PPE when at work
- Where possible, do not travel to work in your uniform, change when you get on site.
- Wash your uniform at 60C or above.

I've provided care to someone who has COVID-19 symptoms or has confirmed COVID-19. Can I continue working?

If you are not displaying any symptoms you can continue to work. When the Government switched from the containment phase to the delay phase, we moved from contact tracing (and isolation of contacts), to only isolating people with symptoms. This means that Public Health England are not asking health care workers or social care staff to isolate after contact with a confirmed case.

However, if you develop any symptoms, you must immediately self-isolate as per the isolation guidance.

Are face masks useful for preventing coronavirus?

Face masks play an important role when caring for an individuals with symptoms, but there is very little evidence of widespread benefit for the public.

I've recently travelled, what should I do?

Unless you or someone you live with are experiencing COVID-19 symptoms, you will not be required to isolate.

Please consult <https://www.gov.uk/foreign-travel-advice> for the latest travel advice on any destination you plan to travel to.

Got a question which isn't covered above? Email us at: coronavirus@nurseplusuk.com. Please ensure you state your job role so that advice can be given accordingly.