

CORONAVIRUS INFORMATION LEAFLET



Warrington
Housing Association

What are we doing to respond to Coronavirus?

The Association has a team leading our response, regularly reviewing the Government's advice and co-ordinating our response.

We have plans in place intended to protect our customers, colleagues and contractors whilst still providing essential services to you.

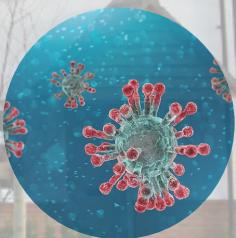
We will continue to update these in response to Government advice and guidance.

Whilst we have closed our offices to the public at this time, you can help us to continue with providing our services by:

- Avoid reporting non-urgent repairs if you have come into contact with someone with the virus or if you or any member of your household is feeling unwell.
- Tell us if you have become infected with the virus. We will keep this information completely confidential. We need to know to understand if our colleagues or contractors could be affected and so to ensure they do not pass the virus on to others.

Depending upon the number of people infected by the virus locally, and the advice from Public Health England, we may have to reduce the service we provide by:

- Delaying our planned maintenance works until later in the year.
- Delay non-urgent repairs.



WHAT TO DO IF YOU THINK YOU HAVE CORONAVIRUS

The following advice from the NHS may change, so please visit www.wha.org.uk for links to the latest guidance.

If you have a high temperature and a continuous cough, it is possible that you have been infected with the Coronavirus. **YOU SHOULD STAY AT HOME.** Don't visit your doctor or local hospital at this stage.

You need to self-isolate for 7 days. This means staying at home and keeping away from other people as much as possible. If you share your home with other people, you should sleep alone if possible and try to stay 2 metres (approx. 7 feet) from others. You should wash your hands regularly, drink plenty of water and take paracetamol to treat the symptoms of coronavirus, unless your doctor has told you paracetamol is not suitable for you. The NHS also says that people who are already taking ibuprofen on the advice of a doctor, should not stop taking it without checking first.

Call 111 if you cannot cope at home, or your condition gets worse, or you are not better after 7 days.

Arrange for family or friends to call you each day to make sure you are ok. If you don't have anyone to do this, let us know and we will see if we can help.

WHAT IS CORONAVIRUS?

Coronaviruses are a large family of viruses similar to a common cold. Some of the virus strains can cause more serious illness. The strain causing concern across the world at the moment is called COVID-19. The source of the virus has not yet been identified.

WHAT ARE THE SYMPTOMS?

The initial symptom in the majority of people is a high temperature. A high temperature will normally make you feel cold and shivery. This is normally followed by a cough and chest tightness.

WILL IT MAKE ME VERY ILL?

For most people, the symptoms are very mild and they will feel better again after a few days. Whilst some people may still feel able to work or carry out normal activities whilst they are unwell, it is important that they stay at home and do not spread the virus to others.

A small number of people will become more seriously ill and can develop pneumonia. They may need hospital treatment. Those most likely to get seriously ill are older people and those with existing medical conditions.

HOW IS CORONAVIRUS SPREAD?

This is not yet fully understood, but most viruses of this type are spread by droplets from an infected persons lungs, blood, urine or faeces, entering another person, either by inhaling them or by them entering the eyes, mouth or nose.

HOW CAN I AVOID CORONAVIRUS?

Most people who catch Coronavirus do so by the virus coming into contact with their hands, and then them touching food or their face.

The best way to avoid catching Coronavirus is to regularly wash your hands with soap, especially before eating or preparing food.

The advice from health professionals is to wash your hands with soap for at least twenty seconds, taking care to wash each finger and thumb carefully, especially around the nails.

Everyone should try and keep their homes and work environment hygienic and should wash their hands as soon as they arrive home or at work.

WHAT SHOULD I DO IF I AM OVER 70 OR HAVE A SERIOUS EXISTING MEDICAL CONDITION?

You may be at greater risk of Coronavirus making you very poorly. You should take your hand hygiene very seriously and avoid touching your face if possible.

You should try to avoid large gatherings of people, especially where you would be in close proximity to others that you do not know. You should also try to avoid close contact with people who are not well.

HOW DO WE STOP IT SPREADING?

It is possible that those with the virus can pass it on to others before they feel unwell. Most people spread the virus by coughing. The infected droplets can then contaminate surfaces or can be inhaled by others. It is very important that you cover your mouth and nose with a tissue or your sleeve (near your elbow) when you cough. Never cover your mouth with your hands as everything you touch afterwards could be contaminated. Germs can survive in tissues for hours, so always bin them straight away and then wash your hands.

As the virus can also be found in blood, urine and faeces, it is also very important to wash hands thoroughly with soap when you have been to the bathroom.

For the most up to date information, visit www.gov.uk/government/organisations/public-health-england or there are links on our website: www.wha.org.uk