

## **Coronavirus Affected Places**

If you have returned from these specific areas since February 19, you should call NHS 111 and stay indoors and avoid contact with other people even if you do not have symptoms:

- Iran
- Specific lockdown areas in the Lombardy and Veneto regions of Northern Italy as designated by the Government of Italy
- Daegu or Cheongdo in South Korea
- Hubei province (returned in the past 14 days)

If you have returned from these areas since February 19th and develop symptoms, however mild, you should stay indoors at home and avoid contact with other people immediately and call NHS 111:

- Northern Italy (defined as North of Pisa but not including Pisa, Florence and Rimini)
- Vietnam
- Cambodia
- Laos
- Myanmar

If you have a cough, or fever or shortness of breath and have visited any of the following areas in the last 14 days

- China
- Thailand
- Japan
- Republic of Korea
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau

Stay indoors and call NHS III informing them of your recent travel to the city.

## What are the signs and symptoms of this new virus?

The symptoms of the Coronavirus (now known as COVID-19) include fever and respiratory symptoms including coughing, sneezing, and shortness of breath.

## What can I do to reduce my risk of catching Coronavirus?

There are things you can do to help stop germs like coronavirus spreading:

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.