

Key messages – How is coronavirus spread?

- Coronavirus is **primarily spread** through **small respiratory droplets** through sneezing, coughing, or when people interact with each other for some time in close proximity.
- Droplets can land on the mouth, eyes or nose and surfaces where they can be transferred to the hands and spread when people touch their faces.
- Therefore, the most effective ways of preventing transmission of COVID-19 are:
 1. **Good personal hygiene**
 2. **Social distancing**
 3. **Self-isolating if symptomatic and getting tested.**

Personal Hygiene

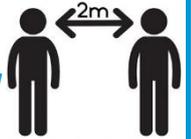
Touching your face with your hands is one of the most common ways to catch the virus.



- Wash your hands frequently – for at least 20 seconds
- It is best to wash your hands with soap and water and if your hands are visibly dirty ALWAYS use soap and water.
- You should use an alcohol-based hand gel if you can't use soap and water. Make sure that that your hands are covered by the sanitiser and rub hands together for 20-30 seconds until dry.
- Avoid touching your face at all times.
- Don't cough or sneeze into your hands. Cover your mouth and nose with your elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.

Social Distancing

Reducing day-to-day contact with other People as much as possible will reduce spread



- Try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone in your support bubble). Social distancing should be applied indoors and outdoors.
- Wear a face covering over your nose and mouth in enclosed spaces where social distancing may be difficult and where you will come into contact with people you don't normally meet. You must wear a face covering by law in certain settings such as on public transport and shops. [Read further guidance on the government website.](#)
- More detailed guidance on social distancing in different settings (meeting family & friends, school, businesses & venues, public places, work) can be [read on the Government website.](#) [Guidance for what to do if you are in a high risk group can be read on the government website.](#)

Symptoms

Most people with coronavirus have at least One of the following symptoms:



- **High Temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **A new, continuous cough** – this means coughing a lot more for an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **A loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Self-isolating if symptomatic and getting tested

There are certain things you MUST do if you or anyone in your household develops symptoms.

- The person with symptoms must stay at home (self-isolate) for 10 days from the onset of symptoms.
- Household members need to stay at home for 10 days from when the first person's symptoms start **OR if they develop symptoms 10 days from when their symptoms first started.**
- Book a test. If you develop symptoms, the [general public can book a test online](#) or by calling 119.



It's still important to take care of your health and wellbeing!

Whilst, we should all be doing our best to minimise the spread of coronavirus and keep each other safe. It's important to seek help and support for our health and wellbeing.

We must:

- Get our Flu Jabs this winter!
- Continue going to the GP when we need to and A&E in an emergency!
- Continue to attend healthcare appointments & cancer screening!

We should:

- **Take time to look after our mental health and wellbeing.** Public Health have produced a [wellbeing poster for Camden Residents](#) and a [wellbeing poster for Islington Residents](#) which is full of tips on how to look after our wellbeing and signposts to services which can help with wider issues like finding a job, housing and employment.

Sign posting to key COVID-19 guidance and resources

- **For the latest advice and guidance regarding the virus please visit** (and encourage residents) to [visit the Coronavirus page on the NHS Website](#).
- **Both Camden and Islington Council have pages dedicated to summarising the latest advice, how to access support and stay safe:**
 - [Visit the Camden Council COVID-19 pages](#)
 - [Visit the Islington Council COVID-19 pages](#)
- **Live updates can also be seen via both Camden and Islington's Twitter and Facebook accounts:**
 - Camden has a rolling [news feed](#), a [Twitter](#) and [Facebook](#) account.
 - Islington has a [Twitter](#) and [Facebook](#) account
- **There are support lines which residents can contact for support and advice.**
 - Camden: Contact Camden hub by calling 02079744444, option 9.
 - Islington: Call the We are Islington helpline on 02075278222.

Updated: 16/12/2020