

## **Coronavirus (COVID-19)**

**For all Scottish Athletics member clubs**

**Date of issue 6<sup>th</sup> March 2020**

Please find below information and advice from the NHS regarding the now well publicised coronavirus. These are precautionary measures meant to offer some practical advice on how we can all manage the situation. Please feel free to share this information sheet with all your members and volunteers.

Please also ensure you are aware of any additional measures put in place at your training venues.

### **General information and guidelines from the NHS**

#### **Symptoms of coronavirus**

The symptoms of coronavirus are:

- a cough;
- a high temperature;
- shortness of breath.

These symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

#### **How coronavirus is spread**

Because it is a new illness, it is not known exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It is very unlikely it can be spread through things like packages or food. Viruses like coronavirus cannot live outside the body for very long.

#### **Do I need to avoid public places?**

Most people can continue to go to work, school and other public places. You only need to stay away from public places (self-isolate) if advised to by NHS24 or another medical professional.

#### **How to avoid catching or spreading germs**

There are things you can do to help stop viruses like coronavirus spreading.

##### **Do**

- ✓ 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;
- ✓ wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available;
- ✓ try to avoid close contact with people who are unwell.

##### **Don't**

- ✗ do not touch your eyes, nose or mouth if your hands are not clean.

### Check if you need medical help

Call your GP surgery or call 111 if your surgery is not open.

### How to self-isolate if you are asked to

If there is a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate). This means you should:

- stay at home;
- not go to work, school or public places;
- not use public transport or taxis;
- ask friends, family members or delivery services to do errands for you;
- try to avoid visitors to your home – it is OK for friends, family or delivery drivers to drop off food.

You may need to do this for up to 14 days to help reduce the possible spread of infection. You can read more on [coronavirus self-isolation advice](#).

### Treatment for coronavirus

There is currently no specific treatment for coronavirus. Antibiotics do not help, as they do not work against viruses.

Treatment aims to relieve the symptoms while your body fights the illness. You will need to stay in isolation away from other people until you have recovered.

### Travel

If you have athletes, coaches or officials travelling abroad pay attention to the most up to date [country by country travel advice on GOV.UK](#) and [NHS: coronavirus advice for travellers](#).

### More information

- [NHS: answers to common questions about coronavirus](#)
- [NHS Inform website](#)
- [Scottish Government Response Arrangements](#)
- [Coronavirus Self Help Guide](#)

