



## Bracknell Amateur Radio Club

10th March 2020

In the light of the current outbreak of the Covid-19 Virus and the proximity of some of the recent cases, please could we ask all our members attending our Meetings and Events to read the following and exercise the suggested precautions

### **BARC Club Meetings and Events**

Please do not attend if you have been, or been in contact with anyone who has been, to one of the areas where Covid-19 is more prevalent.

Members will be requested to avoid physical contact.

Please take care when handling equipment, furniture, Tea and Coffee facilities, doors and cupboards and wash your hands after doing so.

BARC Committee

### **General Coronavirus advice form the NHS**

**COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.**

#### **What's the risk of coronavirus in the UK?**

The UK Chief Medical Officers have raised the risk to the public from low to moderate. Health professionals are working to contact anyone who has been in close contact with people who have coronavirus.

#### **What's the risk of coronavirus for travellers?**

There are some countries and areas where there's a higher chance of coming into contact with someone with coronavirus. See the NHS website: [coronavirus advice for travellers](#).

#### **Symptoms of coronavirus**

The symptoms of coronavirus are:

- a cough, a high temperature and/or shortness of breath.

- But 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's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It's 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 the 111 online coronavirus service or a 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:

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

### **Check if you need medical help**

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do. Use this service if:

- you think you might have coronavirus
- in the last 14 days you've been to a country or area with a high risk of coronavirus – see our [coronavirus advice for travellers](#)
- you've been in close contact with someone with coronavirus

Do not go to a GP surgery, pharmacy or hospital. Call [111](#) if you need to speak to someone.

The NHS also has an [FAQ web page](#) which answers the most common questions you may have about the virus.

For up to the minute information, please consult the [government's own information webpages](#).