



## **General advice concerning the new SARS-CoV-2 coronavirus infection**

It is evident that we are all going to be exposed to the new Coronavirus called SARS-Cov-2.

What we can do is slow the rate of infection so no organisation is over whelmed by staff being sick and thus improve the chances of adequate treatment for those seriously affected.

### **The following precautions are generally seen to be a way of reducing virus spread and contagion:**

- 1) Avoid handshaking, kissing as greeting! Use a fist bump, slight bow, elbow bump, etc.
- 2) Use ONLY your knuckle to touch light switches, elevator buttons, etc.. If you go for fuel lift the fuel nozzle with a paper towel or use a disposable glove.
- 3) Open public doors with your closed fist, clothed arm or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.
- 4) Use disinfectant wipes in super markets to wipe handles on trolleys or baskets or use gloves, including wiping the handle and child seat in grocery carts.
- 5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 6) Keep a bottle of 60% alcohol hand gel available at each of your home's entrances. AND in your car for use after getting fuel or touching other contaminated objects when you can't immediately wash your hands.
- 7) If you cough or sneeze use a disposable tissue and discard carefully . Use your elbow to catch sneezing or coughing as a last resort. The clothing on your elbow will contain infectious virus that can be passed on for a number of days ( presently unknown).

### **Stock that may be useful to you:**

Latex or thin polythene gloves for use when going shopping, using a garage forecourt pump, and all other outside activity when you come in contact with contaminated areas.

Remember that your credit/debit card will be handled by others unless you have a touch card for payments.

This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you but the virus will remain viable on surfaces for up to a week - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon.

This virus only has cell receptors for the lungs. The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth. Remember to avoid putting your unwashed hands near your face.

### **Masks do little if anything to stop cross infection but stop you putting your hands onto your nose or mouth.**

Stock up with at least 60% alcohol based gels There is some limited evidence that zinc lozenges will stop virus replication in the mouth and nose.

We know some of the RNA sequences of this virus but we do not yet know the nature of infectivity and our laboratory has applied for NIHR/MRC grant aid to address this matter.