

YOUR QUESTIONS ANSWERED:

Q: How long does the Corona virus survive on surfaces?

A: It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other Coronaviruses. It may persist on surfaces for a few hours or up to several days. So please ensure you wash your hands with soap, and hot water, for 20 seconds (singing 'Happy Birthday' twice) – especially after using Public Transport.

Q: I am showing symptoms of the virus, what should I do?

A: Do not go to a GP surgery, pharmacy or hospital. If you are worried you are showing symptoms of the Coronavirus please use the 111 online Coronavirus service to find out what to do next.

Q. I have been asked to 'Self-Isolate', what steps should I follow?

A: Please follow the link below if you have been asked to self-isolate for further advice and guidance: <https://publichealthmatters.blog.gov.uk/2020/02/20/that-is-self-isolation-and-why-is-it-important>.

Q: How long is the incubation period for COVID-19?

A: The incubation period means the time between catching the virus and showing symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days; most commonly around five days.

As always, the welfare of our members is paramount. We encourage all members to following this guidance and keep up-to-date with developments from Public Health England as they are issued.

Yours Ever,

Joan Rhodes

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