

CORONAVIRUS UPDATE

IMPORTANT GUIDANCE ON THE CORONAVIRUS TO ALL OUR MEMBERS

As you are probably aware, the current UK Coronavirus situation is a 'fast-evolving situation' and the Province of East Kent is committed to following the regularly updated official government guidance and the further direction provided by United Grand Lodge, ensuring that the health of our members is our first consideration, as well as the potential impact on our meetings.

In-line with current Government (Public Health England) advice and guidance, it is recommended that as a minimum, we should currently be adopting the following practices:

- Masonic Centres should be clean and hygienic
- Regular hand-washing
- Good respiratory hygiene
- Follow all national travel advice
- Anyone with even a mild cough or low-grade fever (37.3 C or more) to stay at home and dial 111.

The Government web site is regularly updated with advice and guidance and we will keep you all informed each week or sooner if necessary as and when this changes. This will include any further guidance issued by United Grand Lodge.

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

CORONAVIRUS (COVID-19)

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.

Symptoms of Coronavirus

The symptoms of coronavirus are:

- a cough
- a high temperature
- 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, it is not known 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.

How to Avoid Catching or Spreading Coronavirus

DO

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- 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 straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell

DO NOT

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

What to do if you Think you Might Have Coronavirus

If you think you might have Coronavirus or you've been in close contact with someone who has it:

- stay at home and avoid close contact with other people
- do not go to a GP surgery, pharmacy or hospital
- use the NHS 111 online Coronavirus service to find out what to do next

The 111 coronavirus service will tell you if you need to continue to stay at home (self-isolate) or if you need medical help.

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'll need to stay in isolation away from other people until you've recovered.

Government Information

For regularly updated Government advice and guidance, please go to the following web site:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Reduce your risk of coronavirus infection



Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water



Cover nose and mouth with tissues or inside of elbow when coughing or sneezing



If you have a fever, cough or difficulty breathing, seek medical attention and call in advance



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