

Updated Information about COVID-19 – Novel Coronavirus (16th March 2020)

Current situation

As of late on Monday 16th March 2020, we have moved into the next phase of how we look to protect people in the UK from COVID-19 within the “delay” phase of the COVID-19 action plan, which can be found [here](#).

A press conference was held by the Prime Minister, and the Chief Scientific and Medical Officers on 16th March 2020, who set out the new enhanced approach and reasons for it. Please see [here](#) to watch the press conference in full.

There were 4 new actions identified as part of the new approach, which may be required for some weeks:

- 1) Whole household isolation if someone in the household develops COVID-19 symptoms (see below section on Household isolation)
- 2) Stopping all unnecessary social contact with others and unnecessary travel - this advice is particularly important for people with certain health conditions, people over the age of 70 and pregnant women (see below section on Social distancing advice)
- 3) Those with the most serious health conditions will be contacted directly on Monday 23rd March about further restrictions, likely to be put in place for around 12 weeks
- 4) Advice against mass gatherings, as part of reducing social contact, but also ensuring critical workers can be used instead to support COVID-19 work.

Household isolation

Detailed information and advice for the public about what they, and their family contacts, should do can be found [here](#) on the NHS.uk website (and will be regularly updated). There is some very important detail in the Stay at Home guidance, including at what point people are able to come out of self-isolation, which can be found [here](#)

People do not need to phone NHS111 if their symptoms are mild but should do if their symptoms worsen/if they need medical care, or if symptoms do not get better after 7 days. There is also a [111 online service](#) that people are being asked to use in the first instance. Please call 999 in an emergency

Social distancing advice

Information for the public, and particularly for people aged over 70, people with certain health conditions and pregnant women can be found [here](#)

Washing hands regularly with soap and water is one of the best way we can prevent spread of the infection.

A dashboard showing confirmed cases can be found [here](#)

Please see PHE advice against use of COVID rapid tests that are being marketed [here](#)

Department of Education have a helpline up and running to answer questions about COVID-19 related to education:

Phone: 0800 046 8687

Email: DfE.coronavirushelpline@education.gov.uk

Opening hours: 8am to 6pm (Monday to Friday)

It is extremely important, as the national situation evolves, that we think about how we can best support the mental health and wellbeing of people affected by the outbreak – individuals, families, workplaces, schools, as well as people who are working hard to protect the health of our communities. The Mental Health foundation has some good advice [here](#). Also, following simple advice about washing our hands more regularly with soap and water really can make a difference.

Travel advice

Travel advice is changing regularly as the situation changes internationally. We recommend that you look up country-specific information and advice on the Foreign Office website [here](#).

Useful guidance, resources and communications materials,

A helpful list of all national guidance has also been published [here](#), and this contains guidance for a range of partners/sectors, including guidance for educational settings, adult social care settings (including guidance about returning health and care workers), the transport sector, guidance for employers and businesses as well as advice for professionals advising the public and NHS guidance.

PHE have produced a “Finding the Evidence” collection of resources - [here](#)

Information about 5 things we can all do to protect ourselves and our community can be found [here](#)

A national handwashing poster can be found [here](#)

London School of Hygiene and Tropical Medicine has worked with Future Learn to develop a new free to access [online learning programme](#) on COVID-19

Imperial College London have just opened up a new [online COVID course](#),