

## Coronavirus – Care first Guidance

If you feel you are experiencing any medical symptoms linked to Coronavirus our advice is to contact your GP or 111 immediately. NHS guidelines advise you “not to go a GP surgery or hospital. Call 111, stay indoors and avoid close contact with other people.”

Should you require emotional support regarding concerns for loved ones who may be based overseas in specified risk areas, if you are anxious about travelling, or not able to travel as planned e.g. to visit loved ones or to attend special occasions overseas, Care first BACP accredited Counsellors are available 24/7 to provide you with support in the moment.

Alternatively, Care first Information Specialists are able to provide advice for practical issues relating to Coronavirus; for example if you are due to travel to China, or other specified risk areas and are concerned about cancelling your trip, or if you require practical advice regarding the virus the Information Specialists will signpost you to the government guidelines which are updated daily -

[www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public](http://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public)

Care first Information Specialists are available to provide practical advice 8am-8pm Monday-Friday.

**For 24/7 counselling and information please call: 0800 015 5630**

You may also wish to be mindful of the 5 preventative steps issued by the NHS to avoid catching or spreading germs –

### 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 straight away.
- ✓ 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

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