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Teesdock Control Room Operator: 01642 770500 (internal 4500)

Date: Tuesday 10th March 2020

Coronavirus (COVID-19): Latest information and advice.

This briefing has been prepared in order to keep you updated on what we know about coronavirus and what steps we are taking to ensure your safety. We will provide further updates as and when appropriate.

What is coronavirus?

Coronavirus is a type of virus. As a group, they are common across the world and they are a family of viruses and one of the main causes of the common cold. Typical symptoms of coronavirus include:

- Early stage: Fever and all muscles ache
- Late stage: A cough and breathlessness may develop

However, all the above symptoms are similar to other illnesses that are much more common, such as cold and flu therefore having any of these symptoms does not necessarily mean you have coronavirus.

Generally, coronavirus, as with flu may cause more severe symptoms such as pneumonia in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease. Most at risk are smokers and those over 70.

How is coronavirus spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. However similar viruses are spread in cough droplets and sneezing.

Recent research suggests that coronavirus may remain infectious on surfaces for an average of 6 hours, including the surface of clothing or a mask if worn.

Infection control and prevention

What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

The World Health Organisation recommend the following:

- **Wash your hands frequently** - Regularly and thoroughly washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- **Maintain social distancing** - Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- **Avoid touching eyes, nose and mouth** - Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- **Practice respiratory hygiene** - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

A wide range of disinfectants are effective in killing coronavirus and flu. Personal protective equipment (PPE) and good infection prevention and control precautions are effective at minimising risk but can never eliminate it.

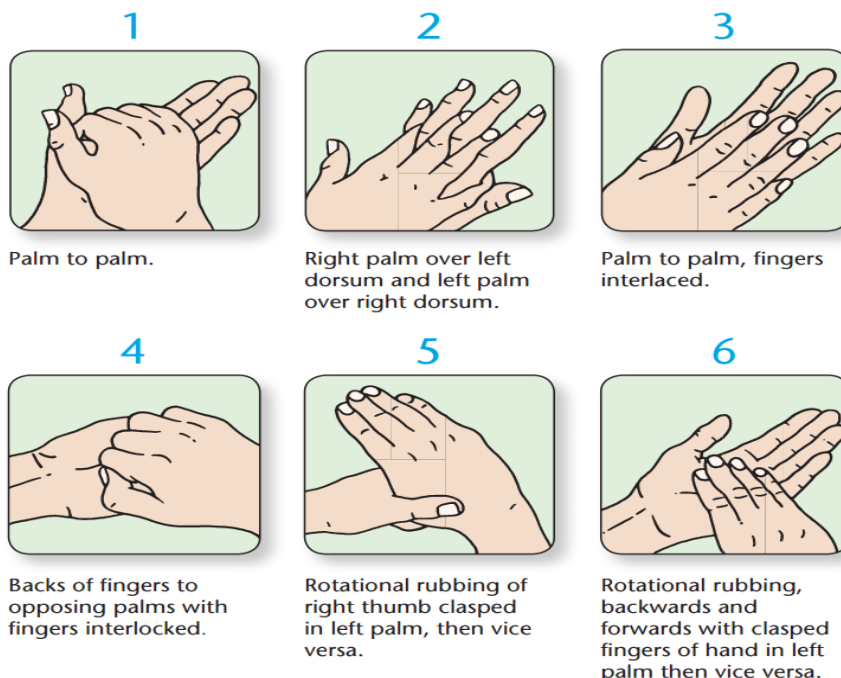
Do

- 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

Don't

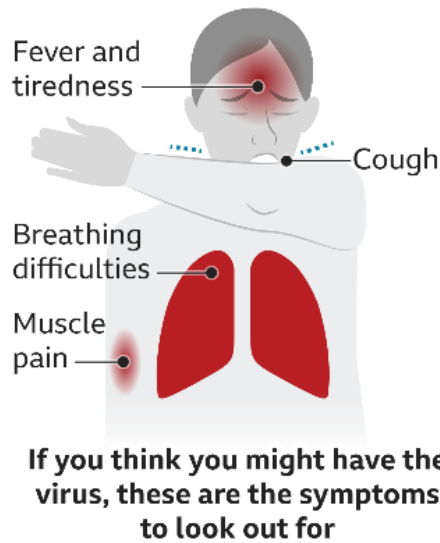
- do not touch your eyes, nose or mouth if your hands are not clean

Good regular hand washing will assist in keeping the risk of cross contamination low. Normal soap and water will suffice in keeping hands clean, although hand sanitiser may also be used. The NHS recommends the following technique as being the most effective:



Hands should then be dried with disposable towels or hand dryer.

What are the symptoms?



Advice for people travelling abroad

If you're planning to travel abroad and are concerned about coronavirus, check the [country by country travel advice on GOV.UK](#).

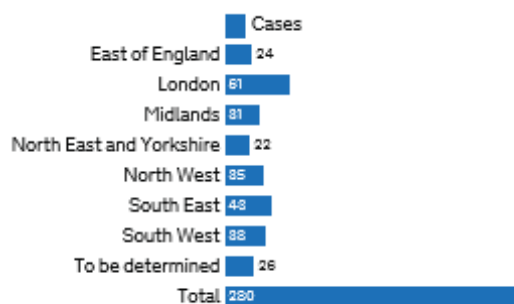
Current UK risk level

As of 9am 9th March 2020, the total number of confirmed cases in the UK is 319 out of a population of around 66.7 million. As of 9am 9th March 2020 a total of 24,960 people have been tested in the UK for coronavirus with all but 319 being confirmed negative (i.e. they do not have the virus) for coronavirus.

Because the World Health Organization has declared this a public health emergency of international concern, the UK Chief Medical Officers have raised the risk to the UK from low to moderate.

Cases identified in England

[Change between chart and table](#)



What to do if you think you may have coronavirus, or you have been in close contact with someone who has:

If you think that you may have any of the signs and symptoms of coronavirus, **DO NOT** report for work - the first call should be to NHS 111 by calling 111 from any phone or visiting the following website <https://111.nhs.uk/covid-19> With any guidance you are provided from NHS 111 or the NHS website please discuss this with your Line Manager.

If you are at work and start to show signs and symptoms of the virus then please call the CRO, line manager and medics contact numbers at the top of this document.

You should use the NHS 111 service if:

- you think you might have coronavirus
- you've been to Cambodia, China, Hong Kong, northern Italy, Iran, Japan, Laos, Macau, Malaysia, Myanmar (Burma), Singapore, South Korea, Taiwan, Thailand or Vietnam in the past 14 days
- you've been in close contact with someone with coronavirus

The NHS advises people not to go to a GP surgery, pharmacy or hospital but to first use their [111](https://111.nhs.uk). They will tell you if you need medical help and advise you what to do next.

Further advice can be found on the www.nhs.uk or www.gov.uk

If, after calling NHS 111, they advise you to self-isolate then you should not come to work. Instead you should contact the Boulby Control Room Operator on **01287 646552** and the Medical Centre on **01287 646523** to inform them. If working at Teesdock please call the Control Room Operator at Teesdock on **01642 770500**.

Please remember to follow the correct sickness absence reporting guidelines and ensure that you submit a self-certification of absence or medical note.

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.

How to self-isolate if you're asked to

If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate).

This means you should:

- stay at home
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food

You may need to do this for up to 14 days to help reduce the possible spread of infection.

What are we/ICL doing.

As of 6th March 2020, no ICL Worldwide Employee has been identified as being infected with Coronavirus. ICL has set up a central register regarding the effect of the current health situation, this is being managed by HR and any confirmed cases must be made known to Matthew Hart or Emma Wilson. This will allow us to keep a log of any employee who may need to self-quarantine or may have coronavirus.

ICL UK has ordered a supply of hand sanitizers, which we will be providing to help infection control and prevention. Delivery date to be confirmed, although it is expected between 16-19th March.

We will continually monitor the situation and provide further advice and guidance as and when required.

ICL Management is closely following the situation and has established a designated task force which is in continuous direct contact with our teams across the globe, making sure all required safety measures are in place

ICL have outlined to ensure you and the people around you remain safe, we wish to repeat our request to avoid all non-essential flights. Furthermore, we have decided to prohibit all work-related flights, at least until the end of April.

All those travelling to Israel are ordered to comply with a 14 day quarantine period, more information can be found [here](#)

Returning travellers to the UK

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days, even if you do not have symptoms:

- Iran
- Hubei province in China
- Special care zones in South Korea (Daegu, Cheongdo, Gyeongsan)

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places, even if you do not have symptoms:

- Italy (since 09 March)

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days and have a cough, high temperature or shortness of breath, even if your symptoms are mild:

- mainland China outside of Hubei province
- South Korea outside of the [special care zones](#)
- Cambodia
- Hong Kong
- Japan
- Laos
- Macau
- Malaysia
- Myanmar
- Singapore
- Taiwan
- Thailand
- Vietnam

Use the [111 online coronavirus service](#) to find out what to do next

Do not go to a GP surgery, pharmacy or hospital.

Based on the scientific advice of the Scientific Advisory Group for Emergencies (SAGE) the UK Chief Medical Officers are advising anyone who has travelled to the UK from any of the countries listed below, then contact NHS 111 or their website <https://111.nhs.uk/covid-19>. With any guidance you are provided from NHS 111 or the NHS website please discuss this with your Line Manager.

All areas of Italy are in lockdown - travel has been restricted but exemptions will be given for those with valid reasons

Special care zones in South Korea:

- Daegu
- Cheongdo

See [maps of the specified areas](#)

Further updates will be provided as and when appropriate