

## **Coronavirus Update from NHS Bolton Clinical Commissioning Group (CCG) on 13<sup>th</sup> March 2020**

We are writing to provide you with some guidance on the coronavirus (COVID-19) situation in Bolton.

As you may be aware, there have been some cases confirmed in the borough over the past couple of weeks.

Please be assured that there are robust plans and procedures in place to deal with this and Bolton Council is working closely with Public Health England and NHS services across Bolton to ensure a co-ordinated response.

Nationally, this is a fast-changing situation and we understand that the announcement of additional cases may cause concern but we are all working hard to protect local residents.

Although the country has moved to the 'delay' stage to deal with coronavirus, we should continue to operate as normally as possible until the guidance changes.

You may have already received this information, but we would like to take this opportunity to stress the importance of regular hand washing:

### **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**

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

At present, the national guidance states that you should stay at home for seven days if you have either:

- a high temperature
- a new, continuous cough

If you are concerned about symptoms, please use the online NHS 111 service: <https://111.nhs.uk/covid-19>. Please do not go to a GP practice, pharmacy or hospital to protect yourself and others.

Please consult the guidance regularly for updates:  
[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

As an NHS organisation, we are reviewing our business continuity plans to further protect staff and services and we would encourage you to do the same.

You may find the following links helpful. Again, these are updated regularly so please check them often.

### **PHE Guidance:**

Employers: <http://bit.ly/2TfwpUT>  
Social care: <http://bit.ly/2VhBIG9>