

Coronavirus (COVID-19)

Information about the virus

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020.

The incubation period of COVID-19 is between 2 to 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, they have not been infected.

Signs and symptoms of COVID-19

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- difficulty in breathing
- fever

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

If you require up to date information regarding the current outbreak of Coronavirus (COVID-19) please go to [NHS website](#).

If you believe that you may be exhibiting symptoms, use the online [NHS 111 coronavirus service](#) or call NHS [111](#). **Do not go directly to your GP, pharmacy, hospital or other healthcare setting.**

We should all should continue to promote good infection control as this is the single most important thing we can all do in order to slow down transmission of the virus. These are simple things we can all do to reduce the risk of respiratory and other infections such as seasonal colds and flu such as:

- *Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.*
- *Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.*
- *Avoid touching your eyes, nose and mouth with unwashed hands.*
- *Avoid close contact with people who are unwell.*

Links to further nationally published and very useful guidance for schools and education settings, social care and community care settings, employers and business settings and for staff in the transport sector can be found at www.kent.gov.uk/social-care-and-health/health/coronavirus.