Coronavirus (COVID-19) Q& A

What is coronavirus?

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Novel coronavirus (COVID-19) is a new strain of coronavirus first identified in Wuhan City, China in December 2019.

What precautionary measures can I take?

The recommended steps people should take to protect themselves are the same as those to avoid flu and any other similar respiratory infections. You should maintain good hand, respiratory and personal hygiene and should avoid visiting animal and bird markets or people who are ill with respiratory symptoms.

Below are the WHO recommendations:

- Frequently wash your hands with an alcohol-based hand rub or warm water and soap
- Cover your mouth and nose with a flexed elbow or tissue when sneezing or coughing
- Avoid close contact with anyone who has a fever or cough
- Seek early medical help if you have a fever, cough and difficulty breathing, and share your travel history with healthcare providers

What are the symptoms of COVID-19?

Common symptoms include respiratory symptoms, fever, dry cough, shortness of breath, and breathing difficulties.

You should seek medical attention if you develop a fever, difficulty breathing or a cough within 14 days of visiting impacted areas.

If you have recently been travelling or are concerned you may have symptoms, please use this link to guide you on next steps: NHS 111 coronavirus advice - https://111.nhs.uk/covid-19

Call NHS111 for advice and do not visit your GP in-person without phoning them first and explaining the situation.

Where can I get support if I'm concerned about my health?

If you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 14 days from when your symptoms started, put yourself in self-isolation. Use the link below to check your symptoms and recent travel destinations against current advice. The site will guide you on next steps and their advice should be followed closely: NHS 111 coronavirus advice. https://111.nhs.uk/covid-19

Do not go to a GP practice in-person until you have received guidance from NHS 111 over the phone.

I think I need to self-isolate, what do I do?

Follow the Public Health England guidance. It's a good idea to make a plan if you do have to go into isolation around your employment, horses and animals in your care and relatives in your care.

Should I be worried about COVID-19?

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about one in every five people who catch it need hospital care. It is therefore quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones.

Can my horse or pet contract coronavirus?

There is no reason to think that any animals including pets might be a source of infection with this new coronavirus. To date, there are no public reports of pets or other animals becoming sick with COVID-19. At this time, there is no evidence that companion animals including pets can spread COVID-19. However, since animals can spread other diseases to people, it's always a good idea to wash your hands after being around animals.

If I contract coronavirus, will my horse and/or pet be safe?

You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.

When possible, have another member of your household, a relative or friend care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.