

## Coronavirus Guidance: Official Sources and Links

### What is this document about?

This document provides a curated summary of sources of official information and provides links for Health Professionals in Patient Safety Collaboratives in relation to coronavirus (COVID-19).

The information contained within the links is being updated regularly.

Government / PHE guidance		
<a href="#">Coronavirus (COVID-19): UK government response</a> including advice on social distancing and stay at home guidance	<a href="#">COVID-19: guidance for health professionals</a> including guidance on the assessment and management	<a href="#">Closure of educational settings: information for parents and carers</a> including nurseries, childminders, primary and secondary schools and further education
<a href="#">Coronavirus the response and evidence</a> scientific and technical advice to support decision makers.	<a href="#">Coronavirus: guidance on shielding and protecting people</a> defined on medical grounds as extremely vulnerable from COVID-19	<a href="#">Coronavirus tracking: the latest numbers</a> the number of cases and risk level in the UK, what to do if you have symptoms, and what the government is doing about the virus
<a href="#">Coronavirus action plan</a> What the health and social care system across the UK has done to tackle the coronavirus (COVID-19) outbreak, and what it plans to do next.	<a href="#">Coronavirus: find sector by sector guidance about coronavirus</a> (COVID-19) for health professionals and other organisations	
NHS guidance		
<a href="#">Coronavirus overview</a> ; stay at home advice, what to do.	<a href="#">Coronavirus guidance for clinicians and NHS managers</a> , primary, secondary and community care.	<a href="#">Coronavirus: specific staying at home</a> advice
<a href="#">NHS 111</a> : Check if you have coronavirus symptoms	<a href="#">NHSE Letter</a> sent to all trusts	
Royal College guidance		
<a href="#">RCOG: Coronavirus</a> (COVID-19) infection and pregnancy	<a href="#">RCOG staffing options for obstetrics and gynaecology</a> services during COVID-19 pandemic	<a href="#">RCOG Coronavirus</a> : FAQs
<a href="#">The RCN</a> : FAQs	<a href="#">The RCN</a> : Employment advice	<a href="#">RCPCH</a> : COVID-19 - guidance for paediatric services
<a href="#">The RCP</a> : COVID-19 Guidance	<a href="#">AoMRC</a> : COVID-19	<a href="#">RCoA</a> : Information, guidance and resources supporting the understanding and management of Coronavirus (COVID-19)
Supplementary but relevant guidance		
<a href="#">WHO: Clinical management</a> of severe acute respiratory infection when novel coronavirus (2019-nCoV) infection is suspected	<a href="#">NHS Employers</a> : Staff council statement	<a href="#">NCSCT</a> : Stop smoking and CO monitoring advice.
<a href="#">Action on Smoking and Health</a> (ASH): Smoking and CO monitoring in pregnancy advice	<a href="#">British Geriatric Society</a> – Managing the COVID-19 pandemic in care homes, including using “soft signs” deterioration tools.	See Annex 1 (overleaf) for details of content provided by official websites, Royal Colleges etc by health sector and topic.

**Annex 1: Covid-19 official sources and links - the following guide describes the topics covered in more detail and provides links to specific website pages where possible. The information is organised by website and health sector.**

## Annex 1

### Coronavirus Guidance: Official Sources and Links

#### What is this document about?

This document provides a summary of sources of official information and provides links for Health Professionals in Patient Safety Collaboratives in relation to coronavirus (COVID-19).

It summarises the topics of information available on **NHS, NHS 111, NHS England and Public Health England websites and on websites run by Royal Colleges, WHO and other professional health organisations**. Much of the information is being updated and added to regularly, often daily, so please check the links regularly.

#### What sources of information are included?

Websites of: NHS, NHS 111, NHS England, Public Health England, World Health Organisation, RCOG, RCN, RCP, RCoA, AoMRC, BFS, NCSCT, BGS.

#### Who is it for?

The document is for all healthcare professionals in Patient Safety Collaboratives.

#### What action should I take?

You are asked to review the list of information sources and share the links as appropriate with colleagues.

Please note that all of the material is publicly available and can be shared with colleagues and the public. The websites are being regularly updated.

#### **A) General advice for the public, including NHS staff, on NHS website and NHS 111**

##### 1. Overview of coronavirus:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

- Stay at home if you have coronavirus symptoms – high temperature, a new, continuous cough
- Use the 111 online coronavirus service to find out what to do or call 111 if you cannot get help online
- How long to stay at home
- How to avoid catching and spreading coronavirus (social distancing) – **Dos and Don'ts**.
- If you're at high risk – NHS will be contacting patients from Monday 23 March 2020 if you are at particularly high risk – you will be given specific advice
- Who is at risk?
- How coronavirus is spread

- Pregnancy advice – advice about coronavirus and pregnancy from RCOG
- Travel advice – link to Gov.UK
- Treatment for coronavirus
- More information:  
[GOV.UK: coronavirus action plan](#);  
[GOV.UK: information on coronavirus and the situation in the UK](#);  
[NHS England: coronavirus for health professionals](#)

## 2. Stay at home advice on NHS.uk website:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

- What staying at home means
- If you're not sure if you need to stay at home
- How long to stay at home if you have symptoms
- If you live with someone who has symptoms
- If you have symptoms and live with a vulnerable person – Dos and Don'ts
- Reducing the spread of infection in your home
- How to do your cleaning and laundry
- Looking after your health and wellbeing, advice about [mental health and wellbeing](#) and a page on [easy exercises](#)
- **Ibuprofen** – advice on its use and non-use
- What to do if you need medical help if you have to stay at home
- **Use the 111 coronavirus service** (Links to [www.111.nhs.uk/covid-19/](http://www.111.nhs.uk/covid-19/)) and when to call 111.

## 3. NHS 111 online advice:

[www.111.nhs.uk/covid-19/](http://www.111.nhs.uk/covid-19/):

- Check if you have coronavirus symptoms
- To protect others, do not go to a GP, pharmacy or hospital.

## **B) Coronavirus advice for clinicians on NHS England (NHSE) website (reviewed daily)**

[NHS England: coronavirus for health professionals](#)

(<https://www.england.nhs.uk/ourwork/eprr/coronavirus>)

A publicly available website for clinicians which contains detailed sector by sector advice for NHS staff, covering: [primary care](#), [secondary care](#), and on [community health, social care and ambulance services](#).

The information is reviewed daily and is being added to daily as coronavirus understanding develops. Here is a brief description of its content:

## 1. NHSE: Secondary Care Advice

Includes:

[About Coronavirus](#) – Covid-19 explained, Epidemiology, Case/contact definition, Virus transmission, Situational update, Guidance about Covid-19 for health professionals and other organisations from gov.uk

[Prevention](#) – Personal Protective Equipment (PPE), Handwashing, Social distancing, Protective self-isolation, Staying at home.

[Infection control](#) – PPE, Environmental decontamination, Linen, Clinical waste, Aerosol generating procedures.

[Assessment and diagnosis](#) – Patient assessment, Diagnosis (testing, sampling, lab requests, packaging samples, test results)

[Management – suspected coronavirus](#) - Patient pathway (SOP), PPE, Patient transport.

[Management – confirmed coronavirus](#) – Clinical/medical management, PPE, Patient transport, Isolation requirements

[Discharge](#) – Discharge criteria, Stay at home guidance, Discharge advice, Care of the deceased.

[Isolation – stay at home guidance for households with possible coronavirus infection](#) (This is listed among the website’s “key documents” – there is a description of its contents below).

[Travel advice for patients](#) – FCO travel advice, Coronavirus travel advice, Travel insurance.

[Other resources](#) – Local health protection team, Standard operating procedures (SOPs), Posters (Putting on PPE, Removing PPE, Catch it Bin it Kill it, Packaging samples), Blogs, Videos (How to wash your hands), Letters (from NHSE to a range of key partners about preparedness),

COVID-19 virus testing in NHS laboratories, [Academic journals](#) (including: [Pregnancy](#), [Computed tomography](#), [BMJ FAQs](#)), [Staff health and wellbeing](#), [IT resources](#).

## NHSE: specialty advice in relation to coronavirus

[Specialty guides](#) including: Surgery; Orthopaedic trauma; Critical care; Diabetes; Neuro trauma; General and internal medicine; Burns; Cancer; Critical care and anaesthesia service reorganisation; Emergency departments; Paediatrics; Use of acute non-invasive ventilation in adult patients; Management of rheumatology patients; Clinical management of persons admitted to hospital with suspected COVID-19 infection; (Please note all of the above speciality guides are provided as pdfs which may be occasionally updated).

## **2. NHSE: Community healthcare and ambulance advice**

### **(including social care, care homes and ambulance services)**

In addition to content which is common to all sectors, the following sector-specific content:

[Management – suspected coronavirus case \(COVID-19\) – What to do if a resident has symptoms in residential care](#)

[What to do if a resident has symptoms in supported living](#)

[What to do if an individual you care for develops symptoms.](#)

[Local health protection team](#) – find yours

[Other Resources page](#), including:

[Posters](#) – Catch it, Bin it, Kill it.

[Videos](#) – how to wash your hands (video and pictures); when to wash your hands.

[Staff health and wellbeing](#) – advice on how to look after the health and wellbeing of staff

[IT resources](#) – guidance on how to use and set up Microsoft Teams for NHSmail users

[Letters about coronavirus](#) (letters from NHSE sharing COVID-19 information with chief executives of mental health trusts and other mental health service providers, including the independent and third sectors, regional team and local colleagues. First letter dated 15 March 2020).

[Ambulance trust](#): assessment/diagnosis and management of suspected cases, infection control (PPE for ambulance staff and decontamination), discharge.

## **3. NHSE: Primary Care Advice**

In addition to content which is common to all sectors, the following sector-specific content, including regular updates and guidance and patient pathways (SOPs) for:

[General practice](#)

[Dental practice](#)

[Community pharmacy](#)

[Optical setting](#)

[Other resources page](#), including: local health protection team, standard operating procedures, posters, letters (from NHSE to partners), journal resources (BMJ FAQs), IT resources (MS Teams), Staff health and wellbeing.

#### 4. NHSE “Key documents” listed on website

[Next steps on general practice response to COVID-19](#) – 19 March 2020

[Responding to COVID-19: Mental Health, Learning Disabilities and Autism](#) – 17 March 2020

[Next steps on NHS response to COVID-19](#), letter issued by Sir Simon Stevens and Amanda Pritchard – 17 March 2020.

[Visitor guidance](#) - applies to all inpatient, diagnostic and outpatient areas – 16 March 2020

[Latest self-isolation guidance](#) - applies to everyone, including NHS staff – 12 March 2020.

[Stay at home guidance for households with possible coronavirus infection](#) – when to start and when to stop staying at home. Everyone must stay at home from the first day they have any suspected symptoms for at least seven days. All others in the household must stay at home for 14 days. **However, anyone in the household who becomes symptomatic within the 14-day period must stay at home for a further seven days.** It includes:

- Who it's for
- Things to help you prepare now – make a plan for your household or family
- Will my household be tested if we think we have coronavirus symptoms?
- Why staying at home is very important
- While you are staying at home, make sure you do the following things
- **If you are living with children**
- If you have a vulnerable person living with you
- **If you are breastfeeding while infected**
- Cleaning and disposal of waste
- Laundry
- What you can do to help yourself get better
- If you or your family need to seek medical advice
- Wash your hands often
- Cover your coughs and sneezes
- Facemasks
- Do not have visitors in your home
- If you have pets in the household
- Looking after your wellbeing while staying at home
- Ending self-isolation and household isolation.

[Stay at Home guidance for households: illustration](#)

The illustration uses a 21-day chart to show the quarantine steps each member of a household of four needs to take after one person in the household becomes symptomatic on day 1, a second person becomes symptomatic on day 4 and a third person on day 13. The third person should remain in quarantine for a further seven days and can leave the household on day 21.



## 5. NHSE Guidance for non-clinical settings:

[COVID-19: guidance for households with possible coronavirus infection](#) (18 March 2020)

[COVID-19: residential care, supported living and home care guidance](#) (13 March 2020)

[COVID-19: guidance on social distancing and for vulnerable people](#) (16 March 2020)

[COVID-19: cleaning of non-healthcare settings](#) (19 March 2020)

[COVID-19: guidance for educational settings](#) (19 March 2020)

[COVID-19: guidance for employees, employers and businesses](#) (19 March 2020)

[COVID-19: guidance for hostel or day centres for people rough sleeping](#) (19 March 2020)

[COVID-19 guidance for mass gatherings](#) (16 March 2020)

[COVID-19: prisons and other prescribed places of detention guidance](#) (19 March 2020)

[COVID-19: shipping and sea ports guidance](#) (19 March 2020)

[COVID-19: guidance for staff in the transport sector](#) (19 March 2020)

### C) Public Health England Dashboard – official statistics

[The PHE dashboard](#) provides daily and cumulative stats on COVID-19 cases in the UK. It includes a regional breakdown by NHS region and by upper tier local authority region (ie London councils, city councils and county councils). It is updated daily at 2pm.

### D) Advice from Royal Colleges (RCOG, RCN, RCP, RCoA), AoMRC, BFS, NCSCT, BGS and WHO

#### Royal College of Obstetricians and Gynaecologists:

Covid-19: infection and pregnancy – [Guidance for pregnant women](#) 21 March 2020

Covid-19: infection and pregnancy – [Guidance for healthcare professionals](#) 21 March 2020

Covid-19: and staffing units – [Guidance for managers and staff](#) March 2020

Covid-19: infection and abortion care – [Guidance for healthcare professionals](#) 21 March 2020

#### Royal College of Nursing:

Covid-19: [Frequently asked questions](#) 21 March 2020

Covid-19: [Employment advice](#) 21 March 2020

Royal College of Physicians: [COVID-19](#) 20 March 2020



**Royal College of Anaesthetists:** [online hub](#) 23 March 2020

**Academy of Medical Royal Colleges:** [COVID-19](#)

**British Fertility Society:**

Coronavirus and fertility treatment: [Guidance for Healthcare professionals](#) 18 March 2020

**National Centre for Smoking Cessation and Training:**

Covid-19 and [CO testing](#) 18 March 2020

Covid-19 [Smoking in Pregnancy Challenge Group](#) 22 March 2020

**British Geriatric Society:** [Managing the COVID-19 pandemic in care homes](#), (including using “soft signs” deterioration tools) – 25 March 2020

**World Health Organisation:**

Covid-19 [Clinical Management of Acute Respiratory Distress](#) 28 January 2020

Covid-19 [Risk assessment and management of exposure of healthcare workers](#) 19 March 2020

Covid-19 [Information for healthcare workers](#) 22 March 2020