



Dear Band,

**You will no doubt have heard about the current coronavirus (COVID-19) situation which is affecting a number of countries.**

**While the risks posed here are currently very low, we know you will have a number of questions about how to respond to concerns about the threat of the virus.**

**We have produced guidance on coronavirus below and hope you find it useful.**

This guidance gives an overview of the current coronavirus (COVID-19) situation in the UK and provides advice on how bands and their members should respond to any concerns about the threat of the virus.

#### **What is the risk of catching coronavirus in the UK?**

The UK Chief Medical Officers have raised the risk to the public from low to moderate but state that the risk to individuals remains low and there is no need to panic.

#### **What are the symptoms of coronavirus?**

- a cough
- a high temperature
- shortness of breath

These symptoms do not necessarily mean you have the illness as these are similar to other illnesses that are much more common, such as colds and flu.

It is, however, essential that you follow the guidance below if you have concerns about any of the following:

#### **Call 111 now if you've been:**

- to Hubei province in China in the last 14 days
- to Iran, areas of northern Italy in lockdown or "special care zone" areas in South Korea since 19 February
- to other parts of mainland China or South Korea, Thailand, Japan, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and have a cough, high temperature or shortness of breath
- to other parts of northern Italy (anywhere north of Pisa, Florence and Rimini), Vietnam, Cambodia, Laos or Myanmar since 19 February and have a cough, high temperature or shortness of breath
- in close contact with someone with confirmed coronavirus

***NB: Do not go to a GP surgery, pharmacy or hospital. Call 111, stay indoors and avoid close contact with other people.***

***Most people can continue to go to work, school and other public places as normal, you only need to stay away from public places if you are affected by any of the above.***

### **How to avoid catching or spreading germs**

There are things you can do to help stop viruses like coronavirus spreading.

#### **Do**

- 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 immediately
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- 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

### **Do I need to self-isolate?**

Self-isolation is about protecting others and stopping the spread of the virus. If you have concerns that you should self-isolate, you should contact 111. If you are asked to self-isolate, it is important that you follow the relevant medical advice.

### **Additional Information**

From a health, well-being and safety perspective, band members should take appropriate precautions, such as avoiding travel to affected areas and/or coming into direct contact with infected or potentially infected people.

SBBA will continue to keep up to date with Government and public health advice and will issue further communications, if appropriate to do so. Meanwhile, band members can also find updates on the NHS website: [www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19).