SEMLEP's Growth Hub
Connected Business Support

WHAT IS COVID-19?

Alan Turner

WHAT'S IN A NAME?

- **THE DISEASE:** coronavirus disease (COVID-19)
- **THE VIRUS:** Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was chosen as the name because the virus is genetically related to the coronavirus responsible for the SARS outbreak of 2003.

While related, the two viruses are different.

World Health Organisation (WHO) dropped ‘SARS’ unnecessary fear for some populations, especially in Asia which was worst affected by the SARS outbreak in 2003.

Ever heard of MERS 2012?

COUGHS AND SNEEZES SPREAD DISEASES?

Viruses

- structurally very weak.
- not living entities at all and on their own cannot multiply
- must infect the cells of a living creature in order to reproduce
- cannot bear the harsh conditions of the dry, outside world, even though they can be ferocious inside the body. Temperature, ultraviolet radiation from sunlight can play a role in weakening a virus
- "can live on a doorknob for four days"! – ***Maybe you can isolate it and grow it in culture by swabbing a doorknob, but that doesn't mean that it's infectious for four days***
- ***Virus Life span:***
- ***9 hours on most non-porous metal and plastic surfaces, such as aluminium and computer keyboards.***
- ***4 hrs on more absorbent materials and fabrics, such as soft toys and wooden surfaces***
- ***20 minutes on our own skin. Our skin is one of the most protective surfaces.***

GOOD PERSONAL HYGIENE and handwashing still best practice!

Best step forward!

GOVT GUIDANCE

1. stay at home as much as possible
2. work from home if you can
3. limit contact with other people
4. keep your distance if you go out (2 metres apart where possible)
5. wash your hands regularly
6. Do not leave home if you or anyone in your household has symptoms

- **Working safely guidance – similar hierarchy**
- **Risk assessments – real-time, valid, shared, agreed and reviewed**
- **Guidance for those returning to work- key changes and reminders of existing H&S risks**
- **Variations on a theme - Simple aim: Stop contraction or transmission of the disease**

KEEP IT REAL!