

# CORONAVIRUS

Wheel of Health Limited Promise

## What you can expect?

- We will carry out a risk assessment with you prior to every visit. This is available for you to see.
- We will be following the government guidance on cleaning, sanitising, handwashing and hygiene procedures prior to, during and following face to face visits.
- We will be wearing appropriate PPE as advised by government documentation. This can be found in appendix 1 of our coronavirus updates to our team.
- We will be reinforcing social distancing where possible and minimising the sharing of spaces during visits.
- Where there might be social distancing difficulty, we will do everything practical to manage the transmission risk by:
  - keeping the activity time involved as short as possible.
  - using back-to-back or side-to-side working whenever possible.
  - staggering arrival and departure times.
  - reducing the number of people each person has contact with by using 'fixed teams or partnering'.

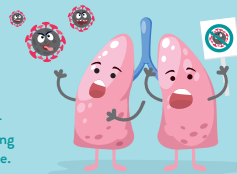
## HOW DOES A VIRUS WORK?

1. Your body is made up of millions of tiny cells.
2. Viruses can't survive outside the body for long, so they try to get into our cells.
3. When viruses get inside our cells, we get infected.
4. Once a cell is 'infected', the virus multiplies and can spread around the body.
5. Our body produces antibodies that fight the virus and help us get better.

**Working safely to protect you during the Covid-19 pandemic is our main priority. If you feel unhappy at any stage please discuss your concerns with our team.**

## WHY IS CORONAVIRUS DANGEROUS?

If the virus gets into the cells in our lungs, it can stop the cells from doing their job, which is to help us breathe.



## The Wheel of Health Team

UPDATES: <https://wheelofofhealth.co.uk/coronavirus.html>

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**STAY ALERT > CONTROL THE VIRUS > SAVE LIVES**