



26.02.20

Dear Client

Re Coronavirus (COVID-19) and the Iron Mill Counselling Service

We are writing to update you on the COVID-19 (coronavirus) outbreak. Based on the [World Health Organization's](#) declaration that the spread of COVID-19 is a public health emergency of international concern, the UK Chief Medical Officers have raised the risk to the public from low to moderate.

The safety and wellbeing of our clients and counsellors is, and always will be, our highest priority, and we continue to closely monitor the official advice available to us. Our sympathies go out to anyone whose friends or families have been affected by coronavirus.

The following advice has been issued today by [Public Health England](#).

"The symptoms of this new coronavirus (now known as COVID-19) include fever and respiratory symptoms including coughing, sneezing, and shortness of breath. The current evidence is that most cases appear to be mild.

If you have returned from these specific areas since February 19, you should call NHS 111 and stay indoors and avoid contact with other people even if you do not have symptoms:

- **Iran**
- **[Specific lockdown areas in the Lombardy and Veneto regions](#) of Northern Italy as designated by the Government of Italy**
- **Daegu or Cheongdo in South Korea**
- **Hubei Province** (returned in the past 14 days)

If you have returned from these areas since February 19th and develop symptoms, however mild, you should stay indoors at home and avoid contact with other people immediately and call NHS 111:

- **Northern Italy (defined as North of Pisa but not including Pisa, Florence and Rimini)**
- **Vietnam**
- **Cambodia**
- **Laos**
- **Myanmar**

If you have a cough, or fever or shortness of breath and have visited any of the following areas in the last 14 days

- **China**
- **Thailand**
- **Japan**
- **Republic of Korea**
- **Hong Kong**
- **Taiwan**
- **Singapore**
- **Malaysia**
- **Macau**

You should stay indoors and call NHS 111 informing them of your recent travel to the city."

The majority of people recover well from this virus, and it is so far well contained within the UK. As of 25 February, a total of 6,795 people have been tested in the UK, of which 6,782 were confirmed negative and 13 positive. However, the level of anxiety surrounding this virus remains very high for some people, often because of the potential risk to their more vulnerable friends and family members (e.g. babies, elderly people, people with pre-existing medical issues or compromised immune systems, etc.). We are therefore respectfully asking that **Iron Mill College clients, counsellors and staff support each other by adhering to the following guidance:**

Any person who returns from travel in Iran, [Specific lockdown areas in the Lombardy and Veneto regions](#) of Northern Italy, Daegu or Cheongdo in South Korea, or Hubei province (returned in the past 14 days) must stay indoors, avoid contact with people, and may not return to the College until the required 14 days quarantine has expired upon their return. Should they become unwell during the quarantine period, they must take medical advice and not return to the College until declared medically fit and safe to do so. They should directly follow the government advice on [Returning Travellers](#).

Any person who is unsure about whether or not to attend college, due to either recent travel in any of the areas of concern listed above, or due to possible contact to any other known risk, should initially remain at home and

- (a) contact NHS 111 for advice, and then
- (b) contact the IMCS Service on 01392 499388 to discuss your situation.

Finally, the best way to reduce your own risk of catching or spreading any virus, including COVID-19, is published on the [Public Health England](#) website as follows:

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.

We will continue to publish updates on the [IMCS page of the Iron Mill website](#). Thank you for your continued support of the Iron Mill Counselling Service.

Kindest regards

James Field
Iron Mill Counselling Service Coordinator
01392 499 388
counselling@ironmill.co.uk