



RESILIENCE FIRST

SURVIVE & THRIVE

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Resilience First webinar briefing on: The Coronavirus Outbreak and Resilient Communities

FOUNDING CHAMPIONS





Public Health
England

Wednesday 25 March 2020

COVID-19 – what does it mean for the UK and the global pandemic?

Professor John Simpson
COVID-19 Senior Public Health Adviser
Public Health England



Major respiratory virus outbreaks

Outbreak	Area of emergence	Estimated case fatality ratio	Estimated attributable excess mortality worldwide	Estimated attributable excess mortality in the UK	Age groups most affected
Spanish Flu 1918 to 1919	Unclear	≥ 2%	20 to 50 million	200,000	Young adults, elderly and young children
Asian Flu 1957 to 1958	Southern China	0.1 to 0.2%	1 to 4 million	33,000	Children
Hong Kong Flu 1968 to 1969	Southern China	0.2 to 0.4%	1 to 4 million	80,000	All age groups
Swine Flu 2009 to 2010	Mexico	<0.025%	18,000	457	Children, young adults and pregnant women
Middle East Respiratory Syndrome 2012	Middle East	>30%	861	0	Elderly (60+)
Serious Acute Respiratory Syndrome 2002 to 2003	China	<10%	774	0	Middle-aged adults (45 to 65)



Public Health
England

COVID-19

Public Health
England

A new infection has been detected in Wuhan, China
(Novel Coronavirus)

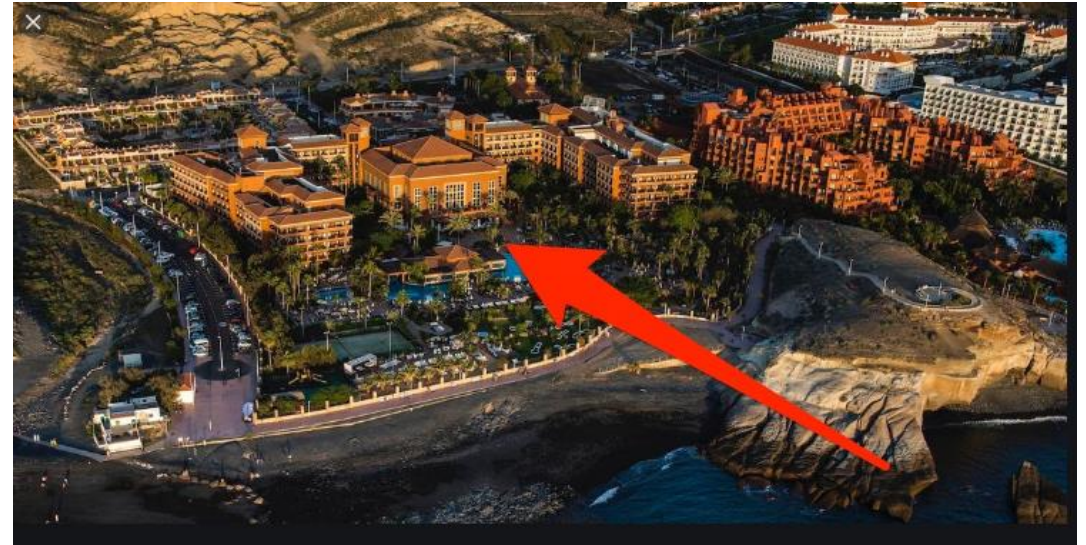
If you have been to Wuhan, China, in the last 14 days and develop ANY of these symptoms, contact a healthcare professional

Any of

- Cough
- Runny nose
- Sore throat
- Fever
- Difficulty breathing

If you develop symptoms within 14 days of leaving China, contact a healthcare professional for free advice and treatment, by calling NHS 111 or your GP, and tell them that you have travelled to Wuhan.

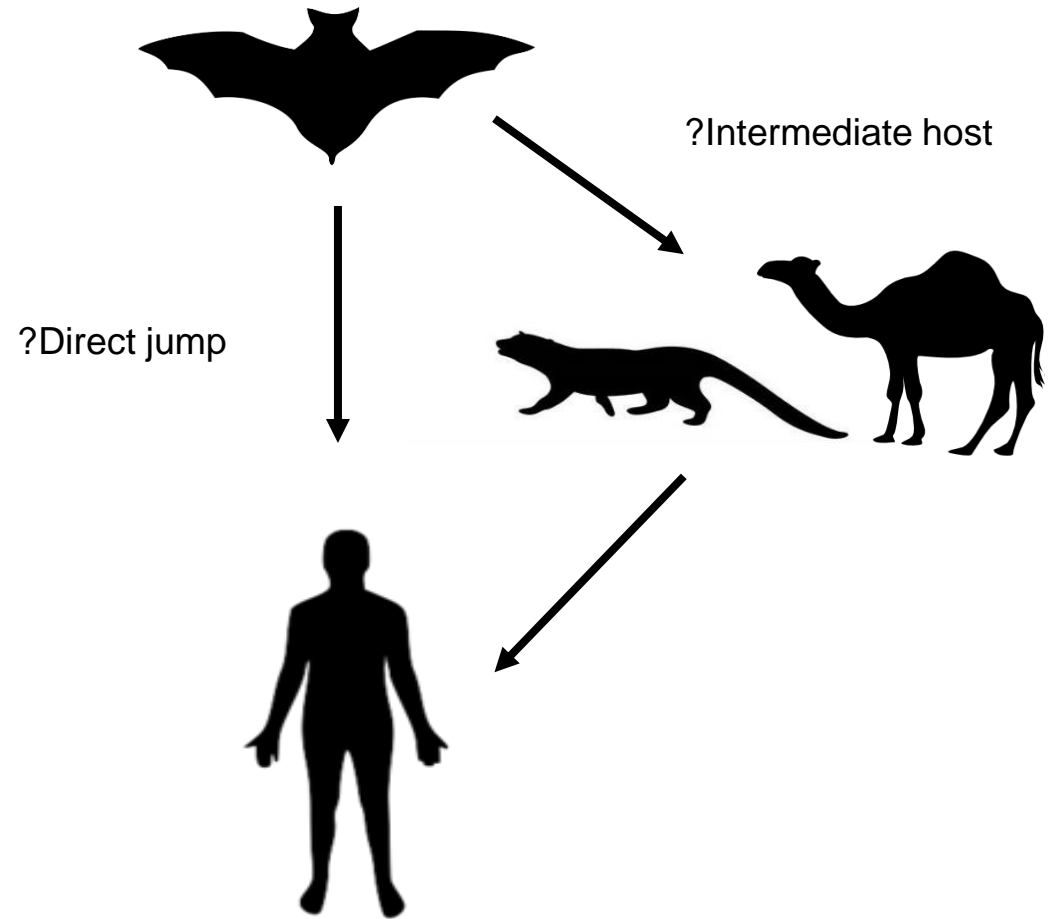
If you are currently experiencing symptoms in the airport, please contact
020 8745 7209





How do novel coronaviruses emerge?

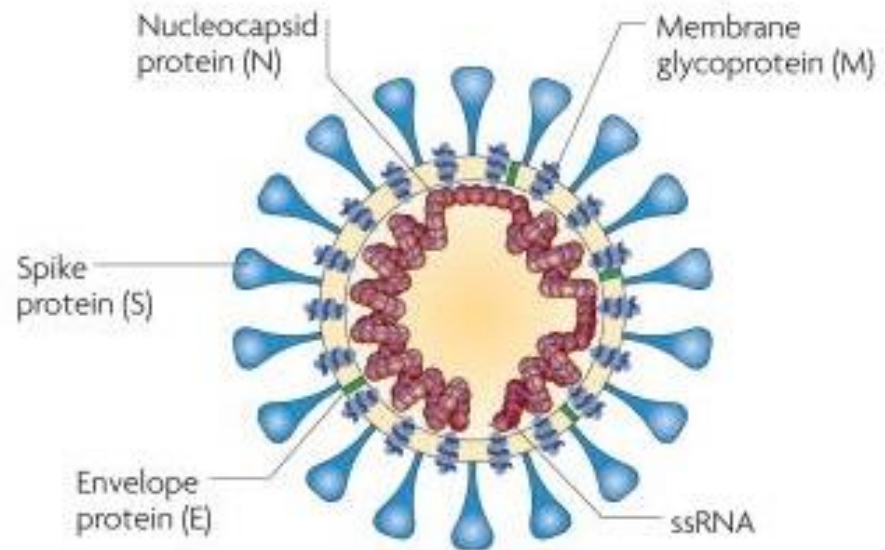
- Coronaviruses infect several other mammalian species
- Variant viruses arise readily by mutation and genetic recombination
- Bat coronaviruses are closely phylogenetically related to mammalian coronaviruses
- Animals in live markets or farms could act as intermediate hosts





Coronavirus biology

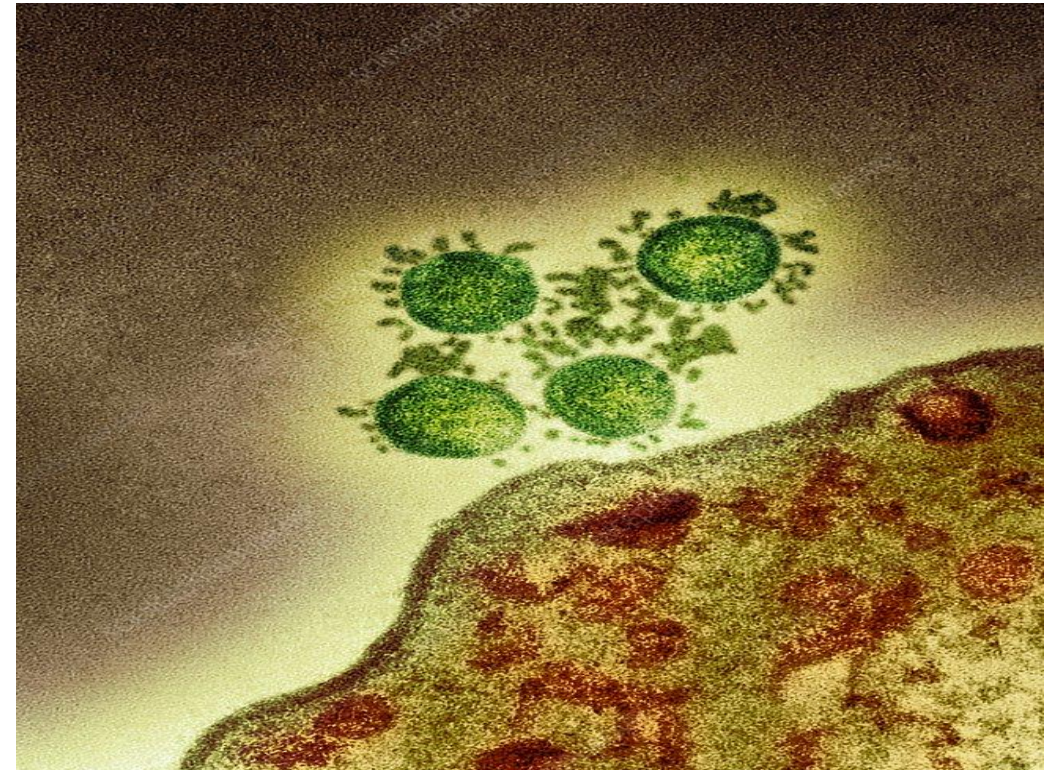
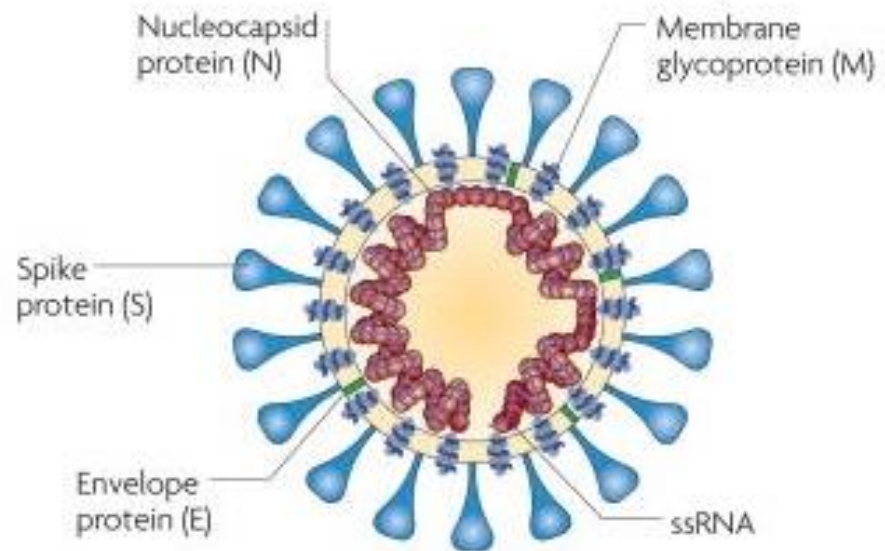
- Enveloped single stranded positive strand RNA viruses
- “Crown-like” morphology
- ~30Kb genome
- 80x160nm diameter





Coronavirus biology

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An aerial photograph of a busy pedestrian crossing with white stripes on a dark asphalt surface. Many people are walking across the crossing in various directions. A large, semi-transparent blue banner is overlaid at the bottom of the image, containing the text "Coronavirus disease (COVID-19) outbreak" in white, bold, sans-serif font.

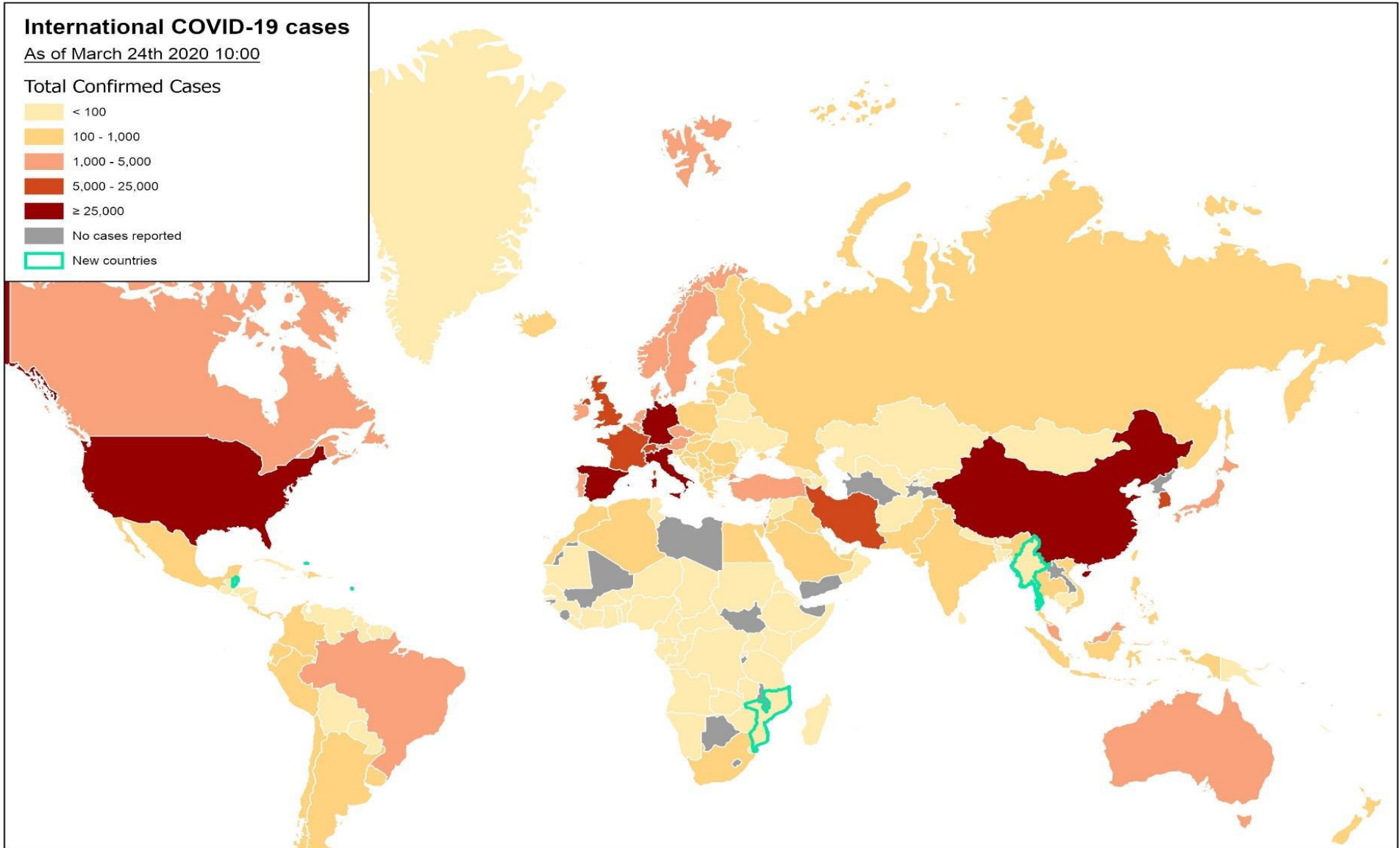
Coronavirus disease (COVID-19) outbreak

Credits



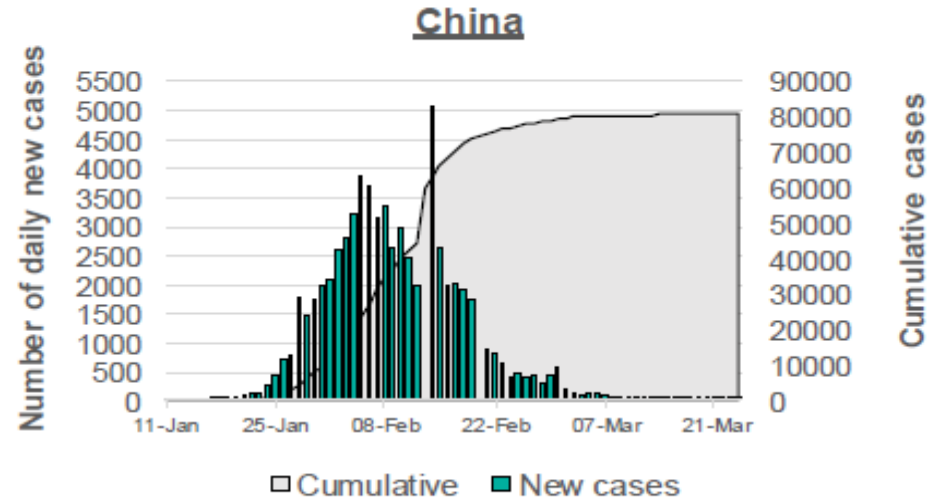
International Epidemiology - Overview

Data as of **10:00 24 March 2020**



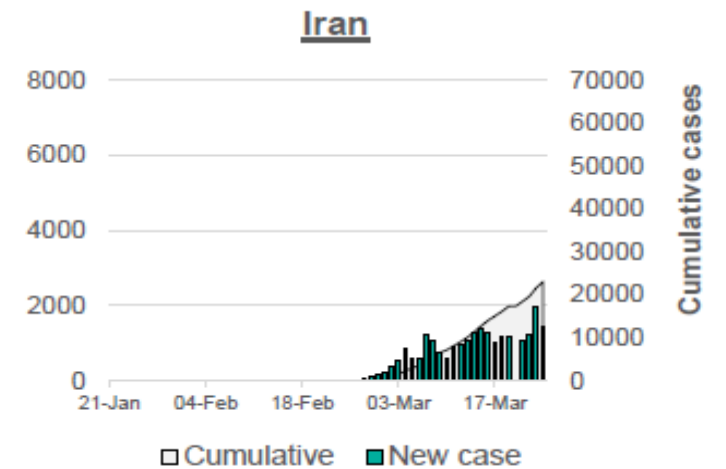
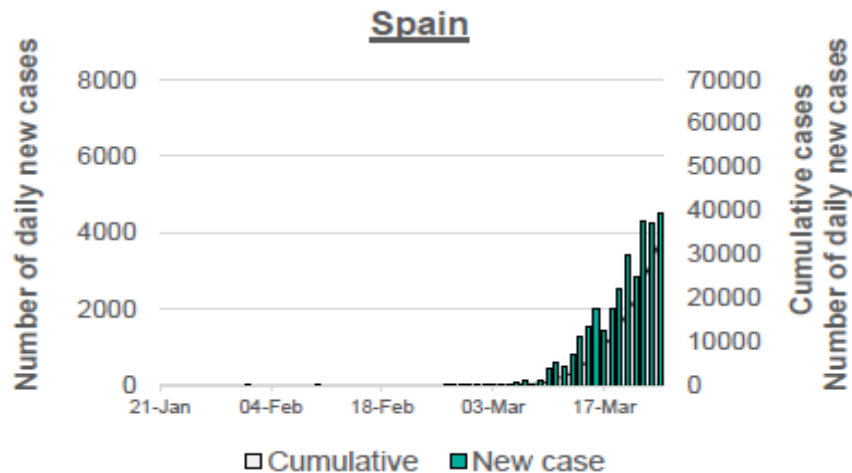
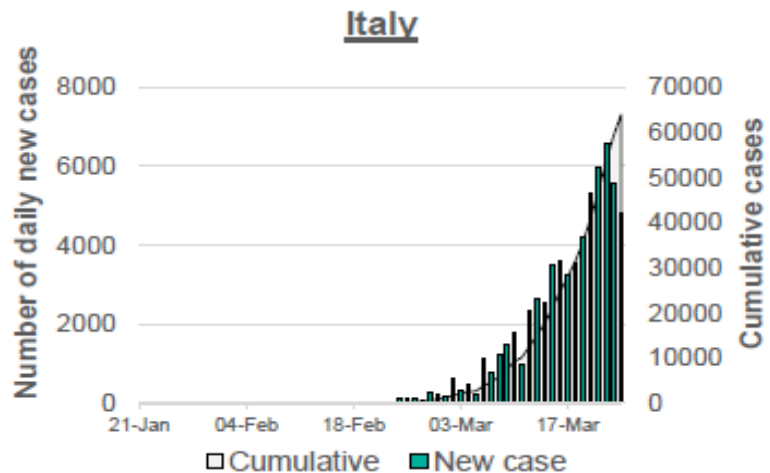


Daily Incidence in selected countries



Data as of **09:30 24/03/2020**
Data: Official sources

Note: Chinese axes are not comparable to rest of countries



[Home](#)

Coronavirus (COVID-19): what you need to do

Stay at home

- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

Anyone can spread the virus.

[Full guidance on staying at home and away from others](#)

<https://www.gov.uk/coronaviru>

STAY AT 

PROTECT

 **save**



09:36

25/03/2020



Public Health
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UK Government phases

Containments Phase

Delay Phase

Mitigation Phase

Research ongoing

<https://www.gov.uk/government/publications/coronavirus-action-plan/coronavirus-action-plan-a-guide-to-what-you-can-expect-across-the-uk>

Government phased response to coronavirus

Containment phase

Aim - Prevent disease taking hold as long as possible



Trace and isolate first cases and close contacts



Establish expert team and ensure supply of key medicines

Delay phase

Aim - Slow spread of virus, with the following options:



Ask those with minor symptoms to self-isolate



Limit large gatherings



Encourage home working



Close schools

Mitigation phase

Aim - Ensure treatment for worst cases and minimise impact on society, with the following options:



Delay non-urgent care and employ retired medical staff



Instruct emergency services to cover critical functions only

Research - ongoing



Research to better understand the virus



Pool international knowledge

Total UK COVID-19 Cases Update

Data as of Tuesday 24th March 2020

<https://www.arcgis.com/apps/opstdashboard/index.html#/f94c3c90da5b4e9f9a0b19484dd4bb14>

Total UK Daily Patients Total

8,077

1,427

135

422

England Scotland Wales N. Ireland

6,843

584

478

172



Upper Tier Local Authorities (UTLA) and

Hampshire: 207

Lambeth: 188

Birmingham: 187

Southwark: 181

Brent: 170

Wandsworth: 155

Westminster: 143

Hertfordshire: 139

Harrow: 134

Sheffield: 130

Cumbria: 129

UTLA

Cumulative Cases



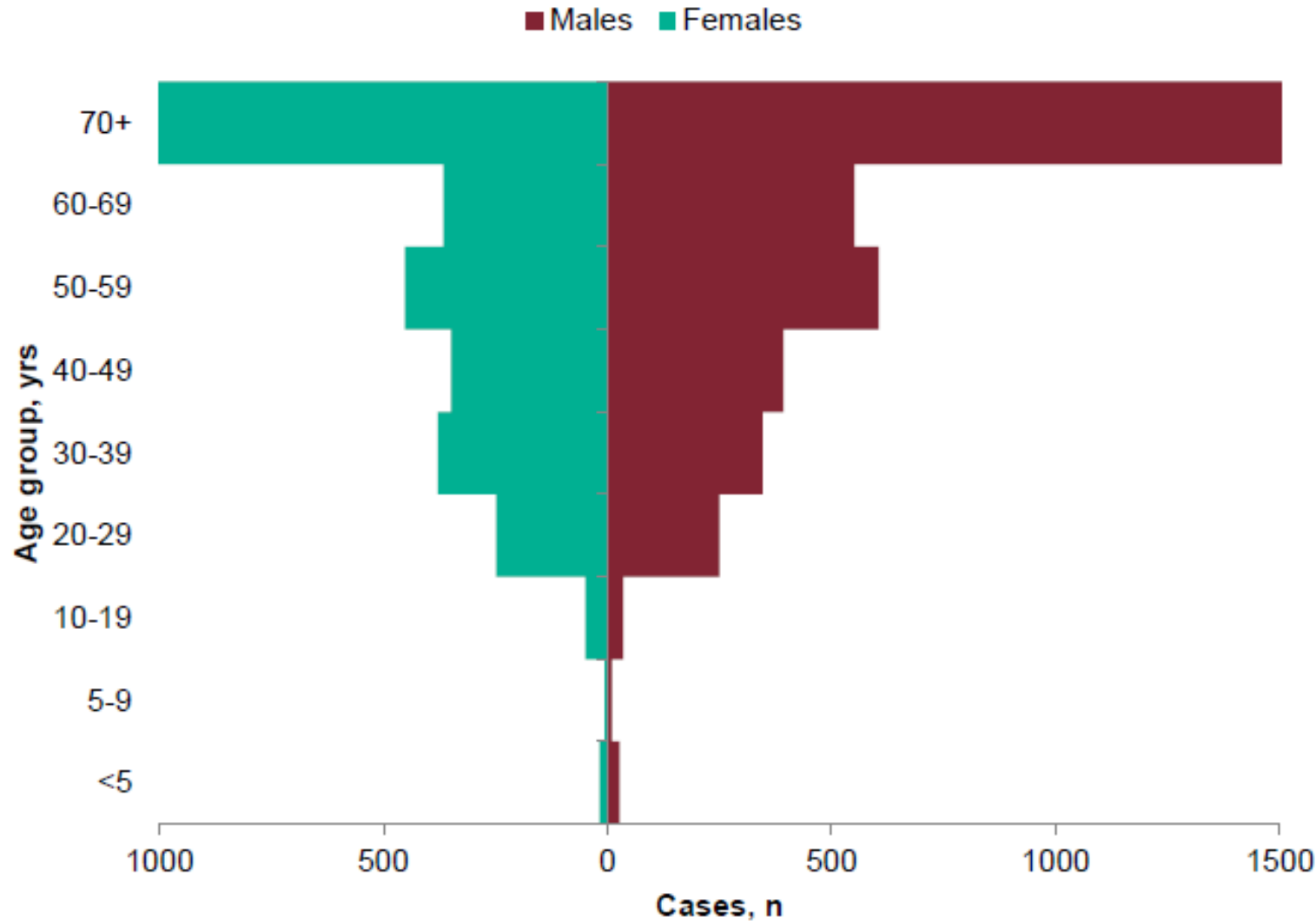
Daily Confirmed Cases



Daily updates are sometimes delayed as data cannot be published until signed off by DHSC. Case data is based on cases reported to PHE by diagnostic laboratories and matched to ONS administrative geography codes and names to generate geographic case counts. Total number for England may not match UTLA and NHS Regions number as some cases are awaiting geographical information. Cases include people who are recovered. Time series data indicate the date of communication to PHE and is used to define the charts and totals. The map is using proportional symbols to represent the number of cases at the geographic centres of Country, NHS England and County/UTLA boundaries. Developed Administration data is represented on the charts, totals



FF100 dataset age sex pyramid



Source: All positive cases notified to PHE up to 00:30 AM 24/03/2020

Notes: Age sex pyramid based on 6,746 cases with date of birth and sex data given.

Median age = 61 (based on 6,806 cases with date of birth given).



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<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

Collection

Coronavirus (COVID-19): guidance

Find guidance about coronavirus (COVID-19) for health professionals and other organisations.

Published 3 March 2020

Last updated 21 March 2020 — [see all updates](#)

From: [Public Health England](#)

Guidance for non-clinical settings

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

24 March 2020 Guidance

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

19 March 2020 Guidance

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

20 March 2020 Guidance

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

24 March 2020 Guidance

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

19 March 2020 Guidance



Guidance

Stay at home: guidance for people with confirmed or possible coronavirus (COVID-19) infection

Published 12 March 2020

Contents

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[Main messages](#)

[Who this guidance is for](#)

[Why staying at home is very important](#)

[While you are staying at home, make sure you do the following things](#)

[Stay at home](#)

[At home, try as best you can to](#)

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild infection

Main messages

- if you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started. (See [ending isolation](#) section below for more information)
- this action will help protect others in your community while you are infectious
- plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your employer, friends and family to help you get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home if possible
- sleep alone, if possible
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible
- you do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, call NHS 111. For a medical emergency dial 999



Wash your hands often

- Cleaning your hands frequently throughout the day by washing with soap and water for 20 seconds or using hand sanitiser will help protect you and the people you live with. This step is one of the most effective ways of reducing the risk of infection to you and to other people.

Cover your coughs and sneezes

- Cover your mouth and nose with disposable tissues when you cough or sneeze.
- If you have a carer, they should use disposable tissues to wipe away any mucus or phlegm after you have sneezed or coughed. The cleaner should then clean their hands. Put tissues into a disposable rubbish bag and immediately wash your hands with soap and water or use a hand sanitiser.





Facemasks

- Facemasks are not recommended as an effective means of preventing the spread of infection. They play an important role in clinical settings, such as hospitals, but there's very little evidence of benefit from their use outside of these settings. However, if you receive external care you may be asked to wear a mask to minimise the risk to your carer.



If you need to seek medical advice

- Seek prompt medical attention if your illness is worsening. If it's not an emergency, contact [NHS 111 online](#).
- If you have no internet access, you should call NHS 111.
- If it is an emergency and you need to call an ambulance, dial 999 and inform the call handler or operator that you have coronavirus (COVID-19).
- All routine medical and dental appointments should usually be cancelled while you are sick and staying at home. If you are concerned or have been asked to attend in person within the period you are home isolating, discuss this with your medical contact first (for example, your GP, local hospital or outpatient service), using the number they have provided. If your concerns are related to COVID-19 contact [NHS 111 online](#). If you have no internet access, call NHS 111.



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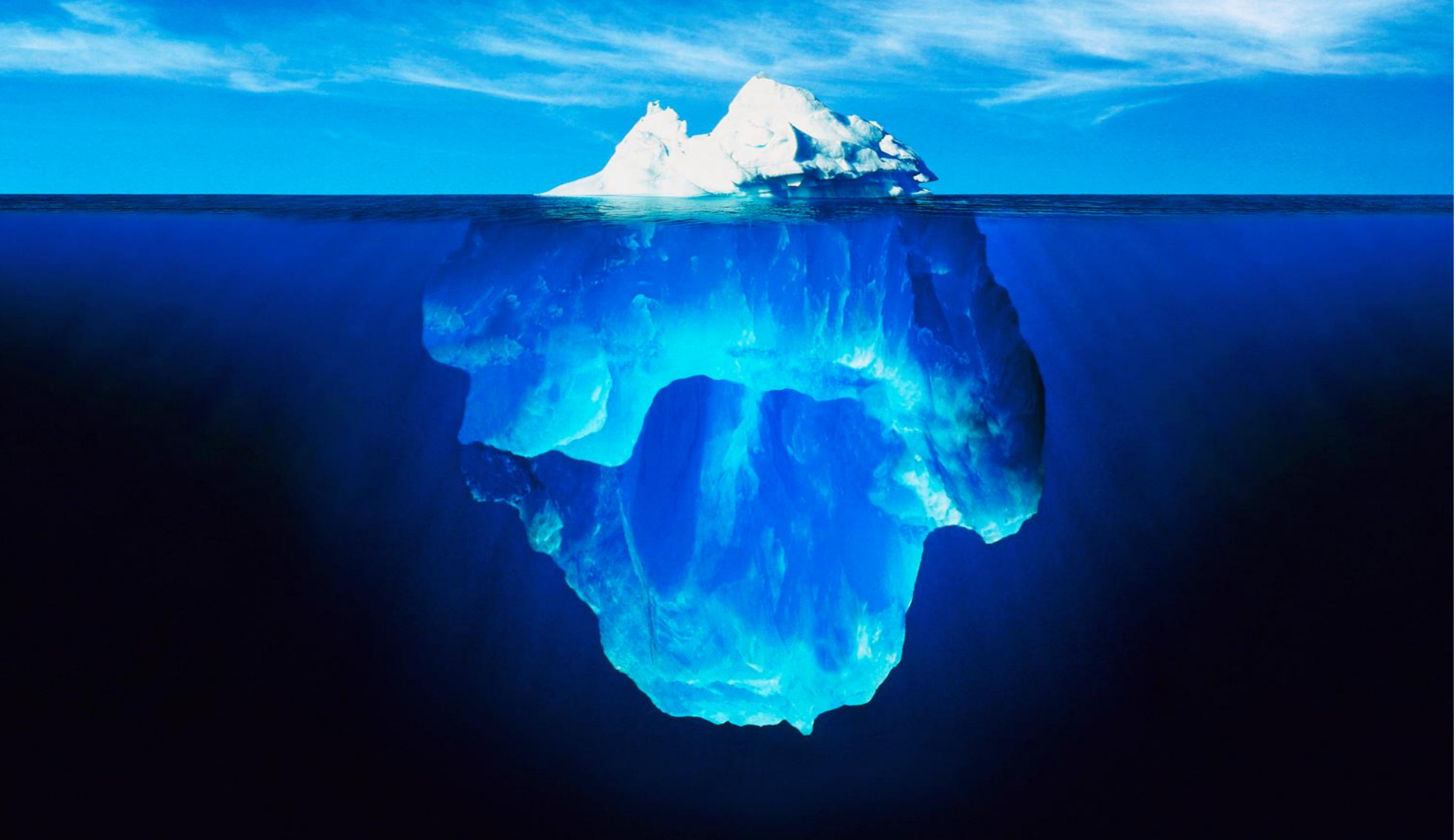
Looking after your wellbeing while staying at home

- We know that staying at home for a prolonged period of time can be difficult, frustrating and lonely for some people and that you may feel low. It's important to remember to take care of your mind as well as your body and to get support if and when you need it. Stay in touch with family and friends over the phone or on social media. There are also sources of support and information that can help. <https://www.nhs.uk/oneyou/every-mind-matters/>
- Think about things you can do during your time at home. People who have successfully completed a period of staying at home have kept themselves busy with activities such as cooking, reading, online learning and watching films. If you feel well enough you can take part in light exercise within your home or garden.



Ending self-isolation

- You should remain at home until 7 days after the onset of your symptoms. After 7 days, if you feel better and no longer have a high temperature, you can return to your normal routine. If you have not had any signs of improvement and have not already sought medical advice, contact [NHS 111 online](#). If you have no internet access, call NHS 111.
- Coughing may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate for more than 7 days.





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25th March 2020

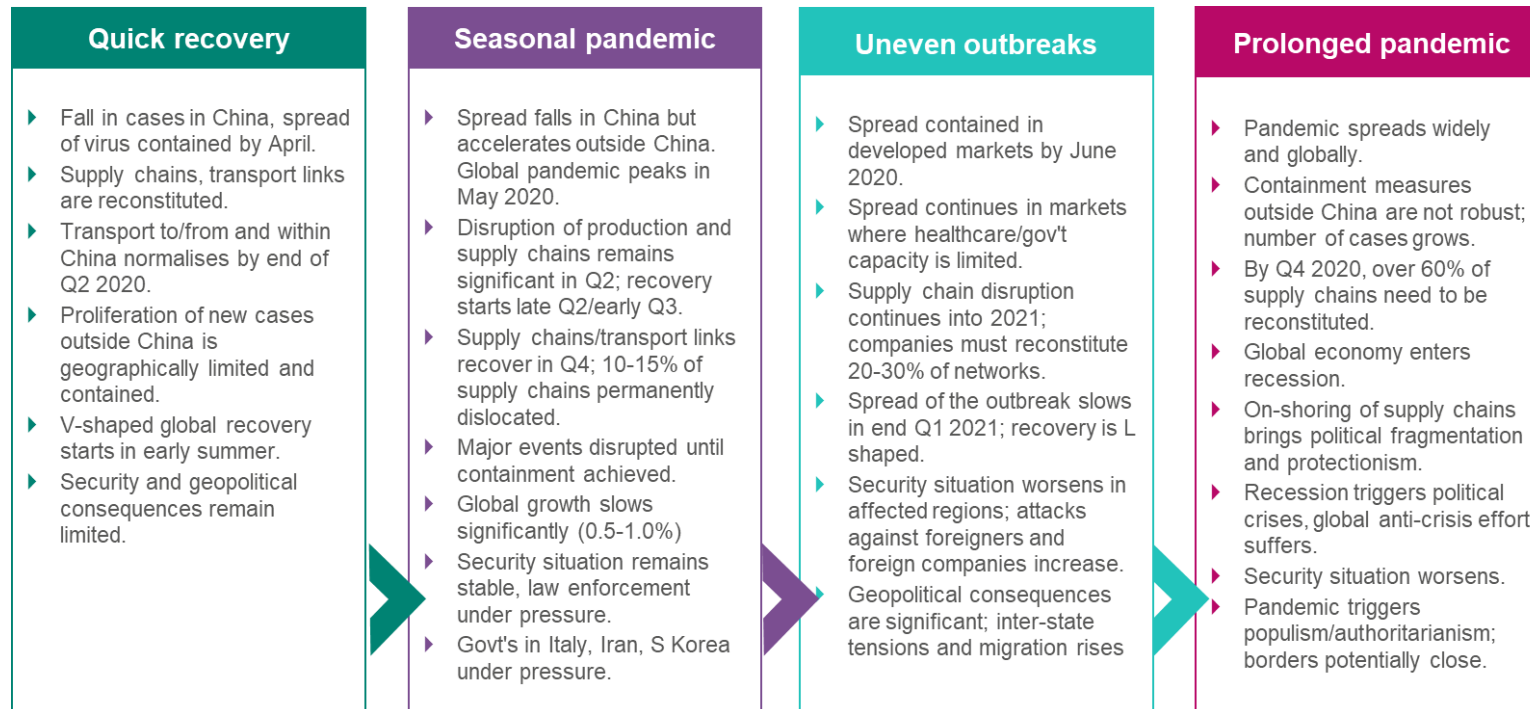
COVID-19 Outbreak and Resilient Communities

Resilience First

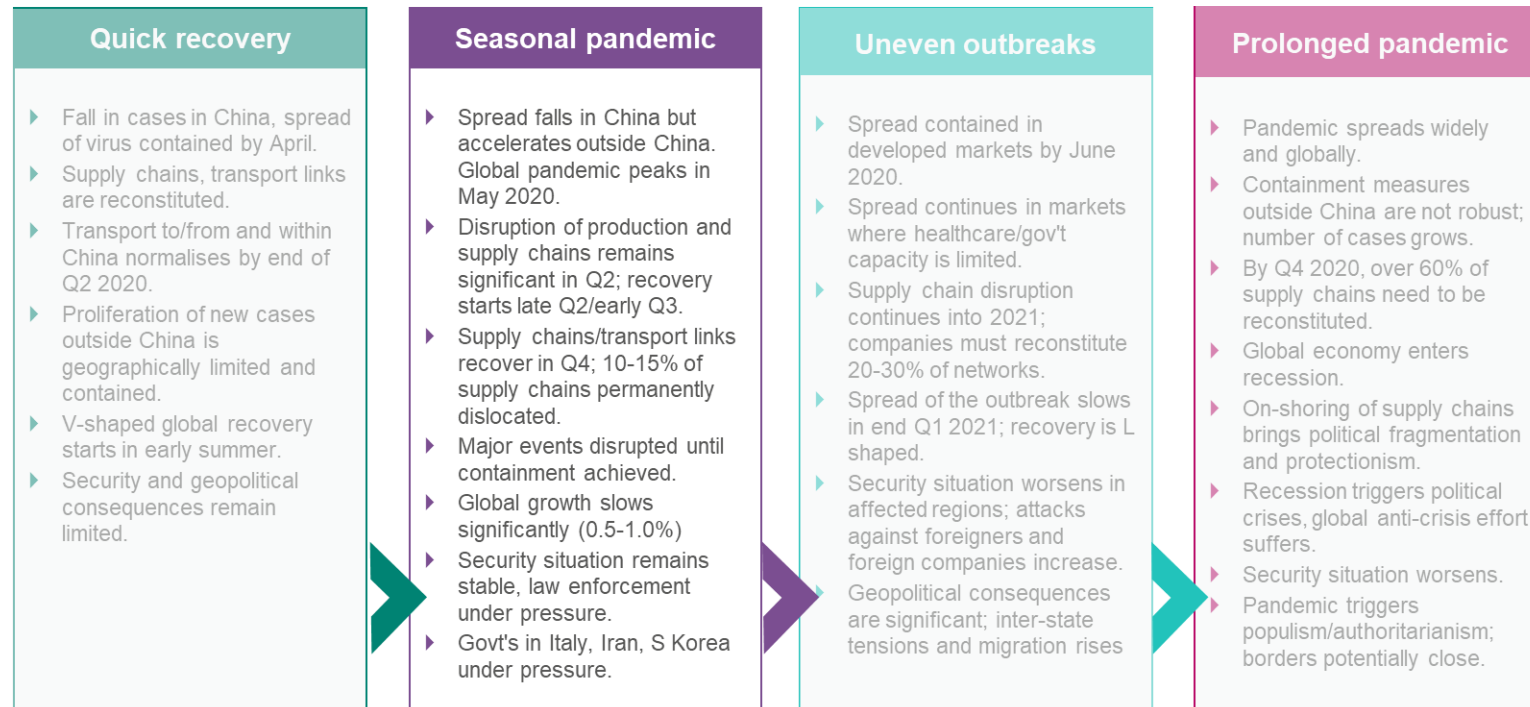
Jean Devlin



Global scenarios for business, political, social impacts



Current scenario playing out...



Considerations for the UK: managed recession

- The priority in government response has been to preserve employment
- Impacts are most significant in social consumption and associated sectors – and regions that are more dependent on these
- Large businesses are likely to be more resilient and this will be significant in how local communities are impacted
 - London likely to be more resilient
- This episode may prompt longer term changes in the working environment, possibly enhancing wellbeing from changing patterns

Thank you



Jean Devlin

✉ Jean.Devlin@controlrisks.com

☎ +44 7525 891118

🏠 [Cottons Centre, Cottons Lane](#)
London SE1 2QG

For more details on our thinking and how we are supporting organisations please see: www.controlrisks.com/covid-19

Email: coronavirus@Controlrisks.com

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