

Sat Nijjer, Fortel Owner warns Staff to avoid non-essential contact as Covid-19 keep spreading fast in UK

Coronavirus is in a period of quick spread over the Country. Avoiding social gathering like bars and clubs, Well Said by Owner of Fortel



CORONAVIRUS INFORMATION



There are now over 1,500 confirmed Coronavirus cases in the UK after a rise of 171 over the last 24 hours.

55 people have now died in the UK after testing positive for Coronavirus.

IF YOU ARE SUFFERING OR HAVE ANY OF THE SYMPTOMS PLEASE DO NOT ATTEND WORK.

STAY AT HOME AND DIAL NHS 111. DO NOT GO TO YOUR GP, PHARMACY OR HOSPITAL.

Q&A

Q. What is Coronavirus?

A. Coronavirus is a large family of Viruses which may cause illness to humans and animals.

Q. What is COVID-19?

A. COVID-19 is the infectious disease caused by the most recent discovered Coronavirus.

Q. How does COVID-19 spread?

A. People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.

Q. Are antibiotics effective in preventing or treating COVID-19?

A. No. Antibiotics do not work on viruses, they only work on bacterial infections.

LATEST INFORMATION:

Latest information after the Prime Minister press conference.

- People should work from home where possible.
- Everyone should avoid gatherings and crowded places, such as pubs, clubs and theatres.
- All “unnecessary” visits to friends and relatives in care homes should cease.
- If one person in the household has a persistent cough or fever, everyone living there must stay at home for 14 days.
- If a person living on their own and has any symptoms, they must stay at home for 7 days.
- People over 70 should take particular care to minimise their social contact.
- Pregnant women also should take particular care.
- Those who refuse to self-isolate or fail to comply with restrictions could face a fine of up to £1,000.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Check if you need medical help, NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Information: Do not go to a GP surgery, pharmacy or hospital. Call 111 if you need to speak to someone.

HOW CAN I PROTECT MYSELF FROM THE CORONAVIRUS?



West Midlands, Mar 17, 2020 (Issuewire.com) - Being the owner of [Fortel](#), [Sat Nijjer](#) declared his remarks about **coronavirus**. As per him, **coronavirus** is spreading very fast in the UK as well as in Whole World. It is a lethal infection that is obliterating the liver once you get in contact with it, along these lines, care is significant.

"It is presently evident that the pinnacle of the plague is coming quicker in certain pieces of the nation than in others." - said [Sat Nijjer](#)

So to soothe the weight on the UK well-being a framework and to slow the spread in the UK, it is significant that individual presently give exceptional consideration to what we are stating about keeping away from unnecessary contact and to pay attention to especially the guidance about telecommuting and maintaining a strategic distance from bound spaces, for example, bars and eateries.

"Caution costs you nothing. Lack of regard may cost you your life." – said [Sat Nijjer](#), Owner of [Fortel](#)

All things considered, **coronavirus** is a class of infections that assault the respiratory of individuals. For the most part, it assaults flying creatures, and bats. In any case, the motivation behind why it is contaminating individuals is that they are devouring or eating these creatures in numerous pieces of the world. The spiky edges that this infection makes around itself are the primary driver of blockage in the criticizing track which they quit functioning as the infection begins to develop in number. At last, it turns into the reason for death for the individual contaminated with it. We need all of you to remain safe at [Fortel](#).

Fortel Owner, **Sat Nijjer** said that the indications of **coronavirus** are self-evident, and on the off chance that you know, at that point, it will be extremely simple for you to simply recognize it. Here is the rundown of every one of those indications individuals should know at **Fortel**.

- Its prior side effects appear as though a standard cold wherein vent is normal. Along these lines, regardless of whether the vent is bothering your throat, complete the exam.
- The circumstance can transform into serious pneumonia and is practically around 60 percent of the cases this stage comes rapidly after the first.
- It is no less hazardous than SARS and MERS, yet the side effects look mellow contrasted with them. In this way, regardless of whether you feel farfetched about it, complete the exam right away.

According to **Fortel** Owner, **Sat Nijjer** key things which you can essentially embrace in your day by day schedule can assist you with avoiding coronavirus are as per the following as we need everybody solid at **Fortel**:

- Wash your hands in any event 3 to 4 times each day, and attempt to keep a good ways from any individual who is experiencing this infection.
- If you get the infection, or possibly you are only dicey about it, ensure you remain inside your home and decrease your contact with individuals around you.
- Face cover would not help you a great deal, in this manner, attempt to maintain a strategic distance from the frequencies that can prompt this issue. Except if you don't have it, it is fine to

remain without a veil.

- Try to stock up your home with every day useable things, and ensure you have enough load of meds as well.

"The wellbeing of the individuals who work for us will be the most noteworthy need." – Sat Nijjer, **Fortel** Owner

Key Points

To what extent to remain at home on the off chance that you have side effects.

Anybody with side effects should remain at home for at any rate 7 days.

On the off chance that you live with others, they should remain at home for at any rate 14 days, to abstain from spreading the disease outside the home.

Following 14 days, anybody you live with who doesn't have side effects can come back to their typical daily schedule.

However, in the event that anybody in your home gets side effects, they should remain at home for 7 days from the day their manifestations start. Regardless of whether it implies they're at home for longer than 14 days.

"If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days."

"If you have to stay at home together, try to keep away from each other as much as possible."

Tips for staying at home

It's important to stay at home to stop coronavirus spreading.

- Try to keep at least 2 metres (3 steps) from other people in your home, particularly people over 70, or those with long-term health conditions
- Ask friends, family and delivery services to deliver things like food shopping and medicines but leave them outside
- Sleep alone, if possible
- Regularly wash your hands with soap and warm water for at least 20 seconds
- Drink plenty of water

All things considered, I am certain that the data given above more likely than not helped you find out about coronavirus and what you can do to avoid it. For the benefit of **Fortel**, It involves your life, so don't trifle with it in any capacity. Except if or until this crisis isn't settled, keep yourself limited from going out with no genuine need.

What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

CORONAVIRUS WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

Use soap and water or a hand sanitiser when you:

Get home or into work
Blow your nose, sneeze or cough
Eat or handle food



CORONAVIRUS 2019-nCoV
SAFETY ADVICE AND TIPS

UPDATED

SYMPTOMS

- FEVER
- COUGH
- SHORTNESS OF BREATH
- SORE THROAT
- HEADACHE

PREVENTION

- WASH HANDS WITH SOAP AND WATER, AT LEAST 20 SECONDS
- AVOID CONTACT WITH SICK PEOPLE
- DON'T TOUCH EYES, NOSE OR MOUTH WITH UNWASHED HANDS
- WEAR A MASK
- AVOID CROWDED PLACES
- AVOID CONTACT WITH ANIMALS AND DOMESTIC PRODUCTS
- DO NOT SHARE EATING UTENSILS AND FOOD
- DON'T EAT RAW FOOD, ESPECIALLY CHICKEN, MEAT AND FISH
- AVOID TRAVELLING TO AFFECTED AREAS, WHERE NECESSARY
- IF YOU BECOME SICK GET MEDICAL CARE IMMEDIATELY

IF YOU ARE INFECTED

- STAY AT HOME
- AVOID CONTACT WITH OTHERS
- COVER YOUR NOSE AND MOUTH WITH TISSUE OR ELBOW WHEN SNEEZING
- PUT TISSUES IN THE TRASH BIN AND WASH HANDS
- KEEP OBJECTS AND SURFACES CLEAN

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