

Information Related to COVID-19 (Coronavirus) Updated 13 March 2020

Latest advice

If you have **cold/flu like symptoms** such as **new continuous cough and or a high temperature** you need to go home, stay-indoors and **self-isolate for 7 days**. Please do not come to our centre in Stepney. If you need medical advice you can call 111. You can of course call us for advice and information on 020 7791 2855 or email us at talktome@positiveeast.org.uk

What is the best way to prevent the spread of COVID- 19 (Coronavirus)?

Things you should do:

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin straight away and wash your hands afterwards
- ✓ To clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.
- ✓ try to avoid close contact with people who are unwell

Things you shouldn't do:

X do not touch your eyes, nose or mouth if your hands are not clean

X do not panic. COVID-19 is a virus and taking precautions will help to reduce your likelihood of becoming ill. Do not let fear and racism prevail in the narrative.

Advice for people Living with HIV – Statement from British HIV Association (BHIVA) Friday March 13th 2020

Following CROI 2020 (a recent conference), there continues to be no evidence that people with HIV are at higher risk of COVID-19, or severe disease if affected, and no evidence regarding the impact of viral load or CD4 on either of these.

You may have read that the HIV drug lopinavir/ritonavir (Kaletra) is being studied as a possible treatment for COVID-19 but this is based on very limited evidence for similar viruses. So far there is no good evidence that lopinavir/ritonavir is beneficial, and no evidence that other HIV drugs will help. For anyone taking HIV drugs for treatment or prevention, we recommend continuing to take treatment as recommended, and not increasing the dose or switching to other medications unless otherwise indicated.

There has been one case report published of a man with HIV and diabetes who was hospitalised with COVID-19, treated with lopinavir/ritonavir and who subsequently recovered. However, this provides no further information on the impact of either HIV per se, or lopinavir/ritonavir, on COVID-19:

<https://onlinelibrary.wiley.com/doi/10.1002/jmv.25732>

We continue to recommend following national advice as provided here <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public> and encouraging people with HIV to ensure they have had their flu and appropriate pneumococcal vaccines (as per BHIVA vaccine guidelines.) We also advise that patients have at least 30-days medication available and sufficient supply to allow for possible travel restrictions or quarantine, if they are planning to leave the UK.

Are there any changes to Positive East Services?

Services may change. We will let you know about these changes as soon as we can. Please check our website, Facebook and Twitter

Can I call Positive East if I have to stay indoors and self-isolate for 14 days?

Yes of course you can telephone us or email us to discuss issues or if you would like some support. **Click [here](#) for our contact details**

If you need medical information you can find this online at [NHS 111 online](#) or by dialling 111

This information was prepared on 13th March from information from the following websites [NHS](#), [Public Health England](#), [Government](#) and [BHIVA](#). We will be updating regularly.