

**OPEN LETTER ABOUT CORONAVIRUS (COVID-19) FROM  
THE MAYOR OF NEWHAM - 6<sup>TH</sup> MARCH 2020**

Dear Residents of Newham

I am writing to you with some information about COVID-19, which is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. The Council is working together with all health partners in Newham to ensure we are well-prepared for however this illness develops and to keep you informed of the latest advice and guidance.

There are currently **no** confirmed cases of coronavirus in Newham, although we know this could change rapidly. Preventing the spread of coronavirus is something we can all play a part in. Personal hygiene is the most important way we can tackle COVID-19. Please help us by following these simple and effective hand hygiene messages:

- Carry tissues and use them to catch a cough or sneeze; then bin the tissue, and wash hands or use sanitiser gel – Catch It, Bin It, Kill It;
- Wash your hands often with soap and water, especially after using public transport; use sanitiser gel if soap and water are not available;
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close physical contact with people who are unwell.

If you want to know more about the virus there is lots of helpful information on this NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/> and if you are concerned that you may have come into contact with coronavirus please go first to: <https://111.nhs.uk/covid-19>.

Please do your bit to help us prevent the transmission of COVID-19 in Newham, and we will update you on a regular basis with the latest news.

Best wishes



**Rokhsana Fiaz**  
Mayor of Newham

**People at the Heart  
of Everything We Do**