



MERS-CoV: information sheet for low and medium exposure (category 1 and 2) contacts

You have been given this information sheet because you have been in close contact with someone diagnosed with Middle East Respiratory Syndrome (MERS), a respiratory illness caused by Middle East respiratory syndrome coronavirus (MERS-CoV). This means you may be at risk of developing MERS.

It can take up to 14 days after you have been in close contact with someone with MERS before symptoms start to develop.

A UK Health Security Agency (UKHSA) member of staff has been assigned as your Infection Safety Team. You should contact them if you have any concerns regarding MERS-CoV and its symptoms or for guidance on what you need to do if you develop any symptoms.

Your designated Infection Safety Team is:

Name:

Who can be contacted on:

Contact number:

What you need to do now

Take the following actions below to help prevent the spread of MERS-CoV to others, and to ensure that you can get the right support if you develop symptoms. This will help to protect your health, the health of your family and anyone else that you may have contact with. You should follow these actions for 14 days from your last contact with the person who has MERS.

Check yourself for symptoms

It can take up to 14 days from contact with someone who has MERS for symptoms to develop. The symptoms of MERS can include:

- fever (temperature of 37.5°C or higher) or feeling feverish
- respiratory symptoms such as cough or shortness of breath
- nausea, vomiting and/or diarrhoea (loose or runny poo)

You should check yourself daily for symptoms of MERS.

What to do if you develop symptoms

If you develop any of the symptoms listed above in the 14 days since you last had contact with the person who has MERS:

- stay at home and away from others
- report your symptoms to your designated Infection Safety Team as soon as possible
- report symptoms even if mild or if you only have one of the symptoms listed above- you should do this even if you have already told them that day that you do not have any symptoms

Your designated Infection Safety Team will ask you questions, arrange an assessment and testing for you, and will tell you what you need to do next.

If you cannot contact your designated Infection Safety Team, phone NHS 111 and tell them about your symptoms and that you have been in contact with someone who has MERS.

In an emergency, call 999. Tell the operator you have been in contact with someone who has MERS.

How MERS-CoV spreads

MERS-CoV spreads to humans from camels in countries where the virus is circulating. This may be via contact with the camels, or camel products such as milk or meat, with an infected person or attendance at a hospital in a country MERS-CoV is known to be circulating. The infection can spread between people through close contact with the person with the infection, such as prolonged face to face contact in a household or hospital setting. It can take up to 14 days from contact with an infected animal or person for symptoms to develop.

More information on MERS

Middle East respiratory syndrome (MERS) is a rare but serious disease caused by infection with MERS coronavirus (MERS-CoV), first identified in Saudi Arabia in 2012. The virus is known to be present in Saudi Arabia and the surrounding geographic region. The virus is not known to be present in the UK, and cases detected in the UK were infected abroad, or after close contact with a family member with MERS.

You can find more information about MERS-CoV at:

- MERS-CoV: Background information (<https://www.gov.uk/guidance/mers-cov-background-information>)
- Middle East respiratory syndrome coronavirus (MERS-CoV) (<https://www.who.int/health-topics/middle-east-respiratory-syndrome-coronavirus-mers>)
- your designated Infection Safety Team