

NHS Specialised Services (NSS)
BARTH SYNDROME SERVICE
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17th March 2020

We write with the latest advice regarding Coronavirus for patients with Barth Syndrome and their families. The link below provides the most recent advice.

To summarise, all patients with a long-term health condition should socially distance themselves and **we are now recommending that those with Barth Syndrome should be withdrawn from school and large social gatherings.**

We do not have guidance on length of time this social distancing is required but would recommend a minimum of 2 weeks. However, advice is changing rapidly so for the most up to date guidance please consult the NHS website on social distancing to avoid spreading and catching coronavirus.

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

To prevent the spread of the virus the following recommendations have been made;

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 sanitizer 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 immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas

- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services

With best wishes



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