



INFORMATION ABOUT THE VIRUS

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include:

- Fever and a cough.
- Shortness of breath and breathing difficulties.

Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer, and chronic lung disease. Please always refer to the Government web page for up to date advice and or you can call 111 if you have any doubts.

HOW TO AVOID CATCHING IT

It is not yet known exactly how coronavirus spreads from person to person. However, similar viruses are spread via respiratory droplets, such as those produced when an infected person coughs or sneezes. Therefore, there are things you can do to minimise your risk of catching it.

1. Wash hands frequently - for at least 20 seconds - with hand soap or sanitiser
2. Catch coughs and sneezes with disposal tissues, throw away tissues, then wash hands
3. If you do not have a tissue use your sleeve
4. Avoid touching your eyes, nose and mouth with unwashed hands
5. Stay away from unwell people
6. Do not share dust masks or other face fit equipment (e.g. eye protection)
7. Wash your hands before eating
8. Stay away from groups of people in enclosed spaces where possible
9. Adhere to the 2m rule

QUESTION: ARE YOU SHOWING ANY SIGNS OF ILLNESS AS DESCRIBED?

Response: If you have symptoms of coronavirus, you'll need to stay at home for 7 days. After 7 days:

- If you do not have a high temperature, you do not need to stay at home
- If you still have a high temperature, stay at home until your temperature returns to normal
- You do not need to stay at home if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone.

IF YOU LIVE WITH SOMEONE WHO HAS SYMPTOMS

If you live with someone who has symptoms, you'll need to stay at home for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear. If more than 1 person at home has symptoms, stay at home for 14 days from the day the first person started having symptoms. If you get symptoms, stay at home for 7 days from when your symptoms start, even if it means you're at home for longer than 14 days. If you do not get symptoms, you can stop staying at home after 14 days.

QUESTION: DO YOU KNOW WHERE TO GO FOR ADVICE?

Response: Please go to the following links for more information

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

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Remember: Ensure good personal hygiene to help prevent the spread of the virus.

DO NOT come to work if you or any family member have the virus or are showing signs of the virus such as cough and / or temperature.

IF YOU HAVE A COMMENT OR A SUGGESTION, THEN SPEAK TO YOUR SUPERVISOR OR MANAGER