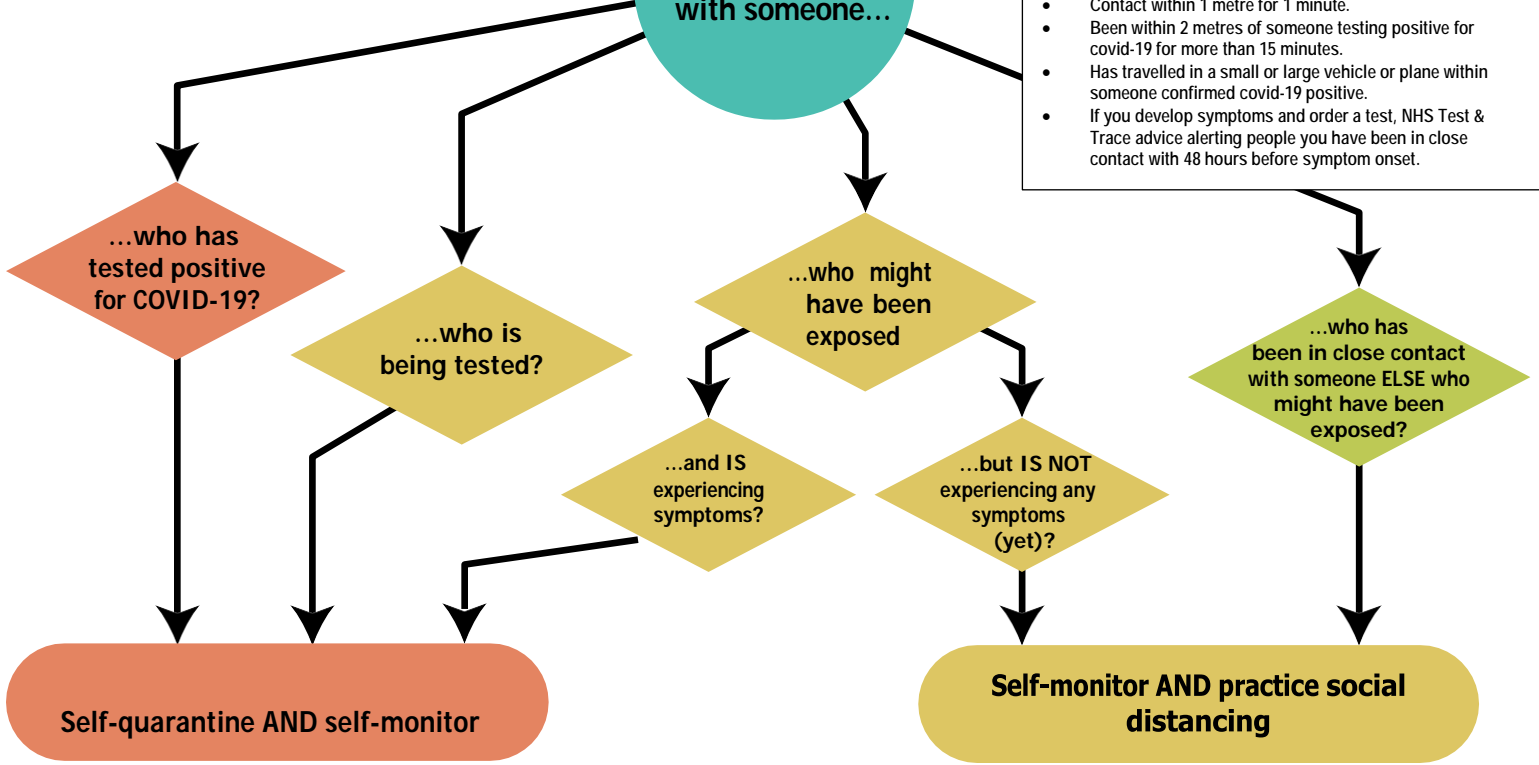


What should I do if I don't have any symptoms but...

I've been in close contact with someone...

- WHAT COUNTS AS CLOSE CONTACT**
- Spends time in same household.
 - Is a sexual partner.
 - Has had face to face contact within 1 metre including:
 - Being coughed on.
 - Having skin to skin physical contact or
 - Contact within 1 metre for 1 minute.
 - Been within 2 metres of someone testing positive for covid-19 for more than 15 minutes.
 - Has travelled in a small or large vehicle or plane within someone confirmed covid-19 positive.
 - If you develop symptoms and order a test, NHS Test & Trace advice alerting people you have been in close contact with 48 hours before symptom onset.



Inform your line manager immediately
Do not attend work

You must immediately self-isolate and urgently request a test if you are experiencing any of the following symptoms:

- **A high temperature** – This means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- **A new, continuous cough** – This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- **A loss or change to your sense of smell or taste** – This means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Anybody who is in your household or who you have had recent close contact with should also self-quarantine and self-monitor.

How do I...

...self-quarantine?

STAY HOME for 14 days.
AVOID CONTACT with other people.
DON'T SHARE household items.

...self-monitor?

BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.

TAKE YOUR TEMPERATURE every morning and night, and write it down.

CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).

DON'T seek medical treatment without calling first!

...practice social distancing?

STAY HOME as much as possible.

DON'T physically get close to people; try to stay at least 6 feet away.

DON'T hug or shake hands.

AVOID groups of people and frequently touched surfaces.

ALL VISITORS TO THE PREMISES MUST WEAR PPE - All staff, all visitors, all contractors *must* wear PPE on entrance to the premises.

HANDS - WASH your hands frequently

FACE - AVOID TOUCHING your face & wear a mask when able

SPACE - STAY 2M apart and WIPE DOWN frequently touched surfaces regularly

