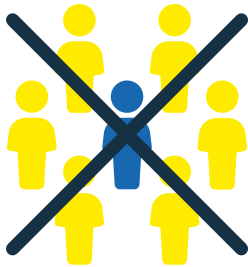# Public Health England

CORONAVIRUS
WORKING AND LIVING SAFELY

A **Avoid** crowded situations (if unavoidable avoid face-to-face contact)

B **Book** a test and stay at home if you have symptoms – telephone NHS: 119

I need a test

C **Clean** your hands and surfaces more frequently than usual for at least 20 seconds using soap and water or alcohol-based sanitiser. Always wash or sanitise your hands before and after travelling to work and/or being in communal spaces

D Keep your **distance**! 2m is safer than 1m. If 2m is not possible, take other steps to reduce risk such as opening windows, wearing a face covering, avoiding face-to-face contact

2m
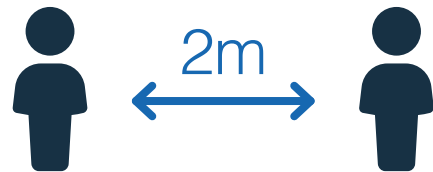
E In **enclosed** spaces where you can't keep your distance, wear a face covering/mask or other recommended Personal Protective Equipment

F **Follow** your employer's and government advice to help protect yourself and others

The main symptoms of coronavirus (COVID-19) are:

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)
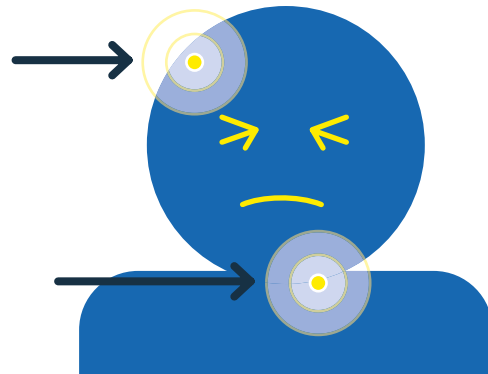
A loss or change to your sense of smell or taste

This means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Early signs of infection could be a sore throat or headache

To protect others, do not go to places like a GP surgery, pharmacy or hospital if you have any of these symptoms. Stay at home (self-isolate) and get a test.

Catch it

Bin it

Kill it

HACCP – where appropriate employers should complete all necessary workplace risk assessments to make sure their businesses are COVID secure to keep employees safe.

Keep up to date with the most current guidance by attending briefing meetings, reading posters or leaflets on COVID-19

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES