

Advice for everyone Coronavirus

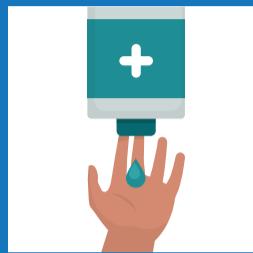
COVID-19



Washing your hands with soap and water



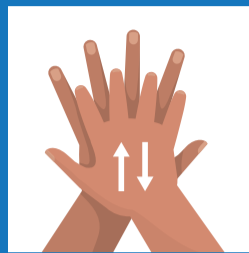
Wet hands



Apply soap



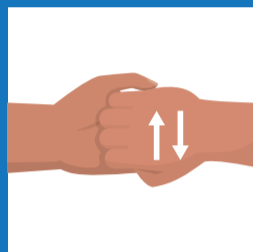
Rub hands palm to palm



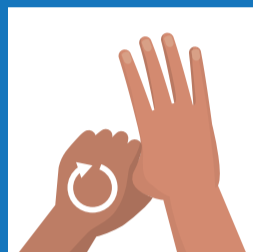
Lather the backs of your hands



Scrub between your fingers



Rub the backs of fingers on the opposing palms



Clean thumbs



Wash fingernails and fingertips



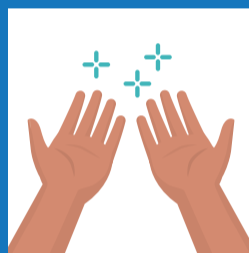
Rinse hands



Dry with a single use towel



Use the towel to turn off the tap



Your hands are clean

⚠️ Washing your hands takes the same amount of time it takes to sing "Happy Birthday" twice

Cleaning your hands with hand sanitizer



Apply the product on the palm of one hand



Rub hands together



Cover all surfaces until hands feel dry (20 secs)

Prevention in the workplace

- Make sure everyone is social distancing if they come into the workplace
- Be especially careful and take extra steps for vulnerable groups, including those who are pregnant, aged 70 or over, or who have a long-term health condition
- Hold meetings as remote calls and avoid travel as much as possible
- Make sure managers know how to spot symptoms of coronavirus and are clear on any relevant processes, for example sickness reporting and sick pay, and procedures in case someone in the workplace shows symptoms of the virus
- Make sure there are clean places to wash hands with hot water and soap, and encourage everyone to wash their hands regularly
- Provide hand sanitiser and tissues for staff, and encourage them to use them
- Make sure everyone's contact numbers and emergency contact details are up to date
- Keep everyone updated on actions being taken to reduce risks of exposure in the workplace
- Keep up to date with the latest government coronavirus advice on GOV.UK

(source www.acas.org.uk)

How to stop infection spreading

Do's ✓



Wash your hands with soap and water do this for at least 20 seconds



Use hand sanitiser gel if soap and water are not available



Wash your hands as soon as you get home



Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze



Put used tissues in the bin immediately and wash your hands afterwards

Dont's X



Do not touch your eyes, nose or mouth if your hands are not clean

Social distancing of 2m (6 ft.) should be adhered to whenever feasible at the workplace, including at breaks



If you have symptoms of coronavirus, you'll need to self-isolate for 7 days.

Do not leave your home if you have either a high temperature or a new, continuous cough
Use the 111 online coronavirus service to find out what to do. Only call 111 if you cannot get help online.

