Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild infection

To prevent infection, you must:

- Wash your hands well and regularly following the site procedure
- Cough or sneeze into a tissue, dispose of the tissue and then wash your hands
- Don't touch your face, and where you need to – wash your hands before and after

Travel

All travel must be limited to essential travel. Roles which can be carried out from home and where the equipment to do so is available, should be completed at home. Essential travel is travelling to buy food or going to work (where you can't work from home).

Non-essential visitors and contractors will not be permitted on site.

If you show symptoms:

- If you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started
- Drink plenty of water

You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, call NHS 111. For a medical emergency dial 999

While staying at home:

- Stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible
- Minimise the time spent in shared spaces and try to sleep alone
- Do not have visitors
- Keep shared spaces well ventilated
- Do not share towels, or other personal items such as toothbrushes or cups
- Clean surfaces regularly and after each use