

COVID-19 - Information for Operatives

Notify your Berry office immediately if:

- You have been contacted by NHS Track and Trace and have been told to self-isolate at home.
- You or anyone in your household/support bubble have symptoms consistent with COVID-19.

These are currently:

- A high temperature, or
- A new, persistent cough, or
- Loss of taste or smell

Stay at home and self-isolate. Do not go to work, school, or public areas and do not use public transport or taxis.

- You consider yourself to be part of the following groups:
 - Clinically vulnerable (over 70s or those with certain underlying health conditions)
 - Extremely clinically vulnerable (individuals who have previously received a letter from their GP/health professional and are 'shielding')

What is Novel Coronavirus (COVID -19)?

Coronaviruses are a type of virus that can affect humans and animals. Some coronaviruses cause illness similar to the common cold while other coronaviruses cause more serious illness, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

Novel Coronavirus (COVID-19) was first reported in Wuhan City in China in December 2019. Cases have now been confirmed in multiple countries around the world.

Close Contact

A close contact is someone who has been face to face for at least 15 minutes or been in the same closed space for at least 2 hours as someone who has tested positive for the COVID-19 when that person was infectious.

How is this Coronavirus spread?

The Coronavirus is most likely to spread from person to person through:

- direct close contact with a person while they are infectious
- close contact with a person with a confirmed infection who coughs or sneezes or
- touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face

Most infections are only transmitted by people when they have symptoms. These can include a high temperature, persistent cough or loss of taste/smell.

How can you help prevent the spread of Coronavirus?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- and if unwell, avoid contact with others (touching, kissing, hugging and other intimate contact)

Symptoms of Coronavirus

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

- new continuous cough or
- high temperature or
- loss of taste and/or smell

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

Isolate yourself at home and arrange to have a test if you are showing symptoms.

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **the next full 10 days** from when your symptoms started.
- if you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for **10 days**, but all other household members who remain well must stay at home and also not leave the house for **10 days**. The 10-day period starts from the day when the first person in the house became ill.
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- Failure to self-isolate for the full time-period can result in a fine, starting from £1,000. If your test is negative you will no longer be required to self-isolate, though you may wish to do so if you still feel unwell and have symptoms similar to coronavirus. If your test is negative, other household members no longer need to self-isolate.
- if you have coronavirus symptoms:
 - report your absence from work by phone and do not attend work
 - do not travel on public transport, use taxis or ride-shares and do not attend any public places.
 - do **not** go to a GP surgery, pharmacy or hospital
 - you do not need to contact 111 to tell them you're staying at home
 - plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household
 - ask your friends and family to help you to get the things you need to stay at home
 - wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
 - if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 10 days, then use the [NHS 111 online](#) coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999
- you can also arrange for a coronavirus test by visiting <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

If you have been contacted by NHS Track & Trace, isolate at home and arrange to have a test if you develop symptoms of coronavirus

- You will be told to begin self-isolation for 10 days from your last contact with the person who has tested positive. It's really important to do this even if you don't feel unwell because, if you have been infected, you could become infectious to others at any point up to 10 days.
- If you develop symptoms of coronavirus, other members of your household must self-isolate immediately at home for 10 days.
- You can order a coronavirus test by visiting <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

For the latest advice, information and resources, go to:

- NHS Test and Trace – How it works - www.gov.uk/guidance/nhs-test-and-trace-how-it-works
- Public Health England- www.gov.uk/government/organisations/department-of-health-and-social-care
- National Health Service- <https://www.nhs.uk/conditiond/coronavirus-covid-19/>
- UK Government- <https://www.gov.uk/coronavirus>
- Health and Safety Executive- <https://www.hse.gov.uk/news/coronavirus.htm>