

# COVID-19 GUIDANCE

## SYMPTOMS



HIGH FEVER



COUGH

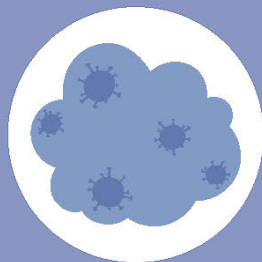
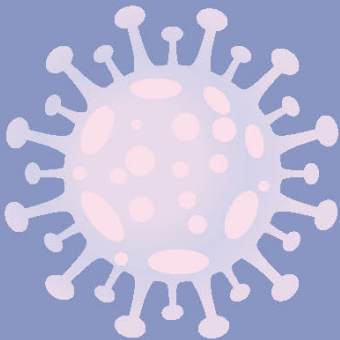


SORE THROAT



HEADACHE

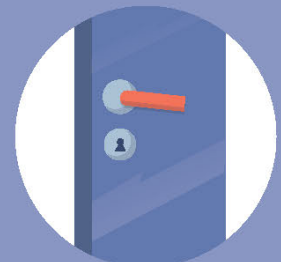
## SOURCES



AIR BY COUGH  
OR SNEEZE



PERSONAL  
CONTACT

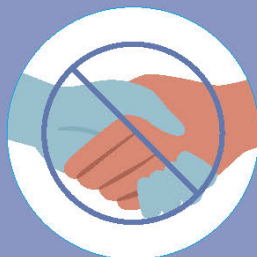


CONTAMINATED  
OBJECTS

## PREVENTION



WASH YOUR  
HANDS OFTEN



AVOID CONTACT  
WITH SICK PEOPLE



ALWAYS COVER YOUR  
COUGH OR SNEEZE



CLEAN & DISINFECT  
HI-TOUCH SURFACES



If you develop these symptoms you must:

- Stay at home – Self-isolate – DO NOT leave home or invite visitors in for 7 days
- Seek medical advice, call 111 – DO NOT go to hospital, GP surgery or pharmacy
- Report it to management at the earliest opportunity