Coronavirus (COVID-19) – Information for temporary workers.

Notify your Wild Recruitment or Wild Berry Associates office immediately if:
- You have been identified to have had close contact with someone who is confirmed to have been infected with COVID-19, while they were infectious
- You have symptoms consistent with COVID-19
- You are within the group of vulnerable at risk people

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, 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
- 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 fever, a cough, sore throat, tiredness and shortness of breath.

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
- 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 and/or
- high temperature

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

Isolate yourself at home and monitor your health closely if you are showing symptoms or if you have come into to close contact with someone who is confirmed to have infection with COVID-19 while they were infectious.

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **7 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 7 days, but all other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill. See the explanatory diagram
- for anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period, see the explanatory diagram
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- 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
  - testing for coronavirus is not needed if 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 7 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

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

- 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/guidance/coronavirus-covid-19-information-for-the-public
- Health and Safety Executive- https://www.hse.gov.uk/news/coronavirus.htm