



Advice to Officers regarding COVID -19 (Coronavirus) and preventative measures

1. If you are displaying any symptoms of COVID-19 (see next page) you are advised to call NHS 111 Immediately. This is particularly important if you are:
 - Pregnant
 - Have a diagnosed breathing condition (e.g. COPD)
 - Have a heart condition
 - Suffer from a low immune system

You are then to contact the Profile Help Centre to advise them of the information / advice you have received.

Further information can be obtained on line using the links on this website

2. If you have returned to this country from abroad for any reason, you must contact your manager **before** returning to work telling them where you have been and how long for. They will advise what action you need to take. Further information is available using the links on this website
3. All reported cases of client staff who are self-isolating or who have contracted COVID-19 will have flags raised against the site(s) property on the Timegate System database. If one of these sites(s) properties is your place of work, you will be advised by your manager of the course of action you will need to take
4. A database of affected site(s) properties is being maintained by Profile Help Centre and the Health & and Safety Team.

As of 9am on 2 March, a total of 13,525 people have been tested in the UK, of which 13,485 were confirmed negative and 40 positive.

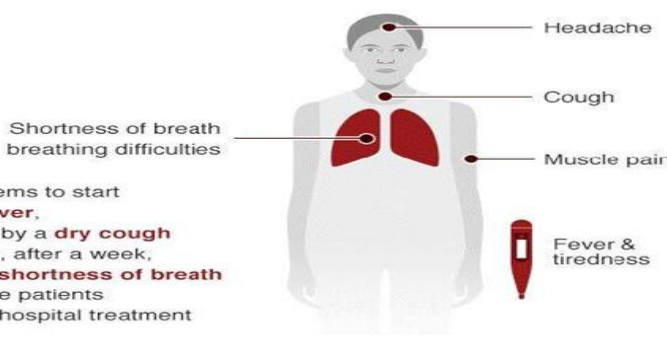
Based on the World Health Organization's declaration that this is a public health emergency of international concern, the UK Chief Medical Officers have raised the risk to the UK from low to moderate.

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Below is some information detailing symptoms to look out for and what personally you can do to help prevent spreading the virus.

What are the symptoms?

Symptoms of coronavirus (Covid-19)



Virus seems to start with a **fever**, followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment

How you can help?

What should I do to prevent catching and spreading the virus?

-  **Wash hands frequently** with soap and water or use a sanitiser gel
-  Catch coughs and sneezes with **disposable tissues**
-  **Throw away used tissues** (then wash hands)
-  If you don't have a tissue **use your sleeve**
-  **Avoid touching your eyes, nose and mouth with unwashed hands**
-  **Avoid close contact with people who are unwell**

We will continue to keep you updated via the website or when further advice is given from the government or health care providers. We advise you to be vigilant and follow advice given by the NHS and other leading medical organisations and contact managers if in doubt.