

Recruit 2 You Ltd COVID-19 advice for Temporary workers.

- Ensure you are cleaning, handwashing, and using hygiene procedures in line with guidance.
- Take all reasonable steps to maintain a 2m distance in the workplace.
- Where you cannot keep 2m apart ensure at least a 1m distance and wear a face covering.

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. You and anyone you live with should stay at home and not have visitors until you get your test result – only leave your home to have a test.

Anyone in your support bubble should also stay at home if you have been in close contact with them since your symptoms started or during the 48 hours before they started.

Further advice available: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

When to self-isolate

Self-isolate immediately if:

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- someone you live with has symptoms or tested positive.
- someone in your support bubble has symptoms and you've been in close contact with them since their symptoms started or during the 48 hours before they started
- someone in your support bubble tested positive and you've been in close contact with them since they had the test or in the 48 hours before their test
- you've been told you've been in contact with someone who tested positive – find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app
- you arrive in the UK from a country with a high coronavirus risk – see GOV.UK: how to self-isolate when you travel to the UK

How to self-isolate

You must not leave your home if you are self-isolating.

DO NOT

- do not go to work, school, or public places – work from home if you can.
- do not go on public transport or use taxis.
- do not go out to get food and medicine – order it online or by phone or ask someone to bring it to your home.
- do not have visitors in your home, including friends and family – except for people providing essential care.
- do not go out to exercise – exercise at home or in your garden if you have one.

further information and support can be found

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

or <https://www.gov.uk/coronavirus>



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