



COVID-19 (Coronavirus)



Symptoms

High temperature

Cough

Shortness of breath

These symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

If you suspect you have Coronavirus Symptoms

Self-isolate: do not go to a GP, pharmacy or hospital.

Call NHS 111, or 0300 200 7885 if you are in Northern Ireland, or answer a few questions via the online service for advice about what to do next.

Precautionary Hygiene Tips

Wash your hands with soap and water often – do this for two rounds of happy birthday.

Always wash your hands when you get home or into work.

Use hand sanitiser gel if soap and water are not available.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.

Put used tissues in the bin straight away and wash your hands afterwards.

Try to avoid close contact with people who are unwell.

Don't touch your eyes, nose or mouth if your hands aren't clean.

Travel to affected areas by you or a contact

Refer to the Government's guidance on specified countries and areas with implications for travellers.

If you have recently travelled to an affected area, or if you suspect a family member, client or someone you are in close contact with has travelled to an affected area:

Stay at home and avoid contact with others - working if you are well enough.

Call NHS 111, or 0300 200 7885 if you are in Northern Ireland, to seek further advice or answer a few questions via the online service for advice about what to do next.

Don't visit your GP in person without prior agreement, even if you do not have symptoms.

Follow our normal absence reporting procedures and inform your line manager and/or HR contact, and notify the IRT.

During Travel

Regularly clean your hands with soap and water or alcohol hand sanitisers.

Avoid contact with others who appear unwell with flu like symptoms.

Avoid contact with animals, poultry and the places where they are present.

Do not eat uncooked meat or poultry, including eggs which must be thoroughly cooked.

If you become unwell with a fever, cough or difficulty breathing, seek medical attention.

Helping to keep Heskin a safe place!

Heskin Parish Council

