



## How can I prevent getting COVID-19?

Good hygiene practice; avoid shaking hands and maintain a distance of approximately 2 meters from others.

## Could my symptoms be coronavirus?

Cough, high temperature and shortness of breath are symptoms to look out for.



Fever



Hard to breathe



Cough

## What is contact with a diagnosed case is defined as?

- Living in the same household
- Direct contact with the case or their body fluids or their laboratory specimens
- In the same room of a healthcare setting when an aerosol generating procedure is undertaken on that case
- Direct or face to face contact with the case for any length of time;
- Being within 2 metres of the case in any other exposure not listed above, for longer than 15 minutes, or;
- Being otherwise advised by PHE that contact with a diagnosed case has occurred. Contact tracing is being carried out by PHE for those who have Coronavirus. If you think you may have come in contact – call the NHS 111 Coronavirus service.

## When would I need to self-isolate?

Please refer to: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>.

## What if a colleague; friend or family member has returned from an affected country?

The disease is now widespread with the WHO declaring the condition as a global pandemic. The situation has now moved on where the emphasis is to look out for symptoms and minimising contact/travel. Please refer to: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>.

## I have already booked a holiday overseas. What should I do?

If you are unable to change your plans please refer to **COVID-19 PAM Colleague Policy**.

## Should I wear a mask?

There is no need to wear a mask.