

# Social Distancing at Work - Guidance

Common symptoms of coronavirus (COVID-19)



new and continuous cough

or



high temperature

If **you have symptoms** of coronavirus, you need to **self-isolate for 7 days**.

If you **live with someone who has symptoms**, you need to **self-isolate for 14 days** from the day their symptoms started.

Only use **NHS 111** if your symptoms get worse or are no better after home isolation

## STOP THE SPREAD OF CORONAVIRUS



- Getting up close with each other is a no-no
- Avoid contact with **high-touch shared surfaces** like a handrail, doorknob, elevator button etc.



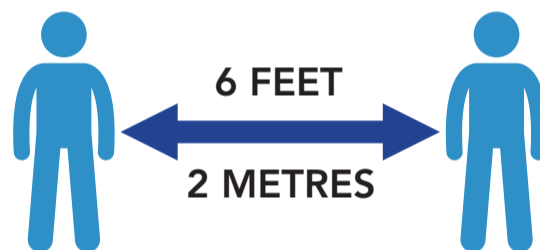
- Avoid touching your **nose, mouth and eyes**.
- Try not to use **other workers'** phones, desks, offices, or other work tools and equipment.



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



Keep a distance of least **6 feet or 2 metres** from other people



**Wash your hands more often and for 20 seconds**

- Use soap and water or a hand sanitiser when you:
- Get home or into work
  - Blow your nose, sneeze or cough
  - Eat or handle food

- Wear **PPE** where provided.
- If wearing gloves, always wash your hands **after** removing them.
- Keep frequently touched common **surfaces clean** (for example, telephones, computer equipment, worktops, tables etc.)



*\*Specific additional guidance will be issued individually to staff, dependant on their role should it be required. Please check the intranet regularly for the latest information and follow us on social media*

 [twitter.com/CarmsCouncil](https://twitter.com/CarmsCouncil)

 [facebook.com/carmarthenshirecc](https://facebook.com/carmarthenshirecc)

<http://ourpeople.carmarthenshire.gov.wales/coronavirus>

Cyngor **Sir Gâr**  
**Carmarthenshire**  
County Council



