

Coronavirus: Important advice

Updated 1st October 2020

Dear colleague,

The UK Government has raised the threat level of COVID-19 back to Level 4 (of 5) in response to the continued rise in positive cases recorded across the country. Measures to mitigate the risk of the virus, including local lockdowns and other arrangements are being implemented both UK-wide and regionally.

Hands, Face, Space

Much guidance has been issued by both the Government and the NHS during this crisis. We are committed to helping you to find the right official advice for you. The latest campaign reminds us that there are simple steps we can all take – such as social distancing, hand hygiene and the use of face coverings.

If you are experiencing symptoms of Coronavirus:

- If you have a high temperature, a new and continuous cough, or a loss or change in your sense of smell or taste, you should self-isolate for a period of 10 days (or longer if you still have a temperature)
- If someone you live with has a high temperature or a new and continuous cough, you should self-isolate for a period of 14 days from when *their* symptoms started
- If you fall into either of the above two categories, you should not attend work and should arrange to be tested for Coronavirus. Information on how to do this can be found [here](#)
 - The latest NHS guidance on Coronavirus can be seen [here](#)
 - The Government's guidance on self-isolation can be seen [here](#)

Protect yourself and prevent the spread of the virus:

- Follow the Government's guidance on Social Distancing wherever possible
 - Details can be found [here](#)
- Wash your hands regularly and thoroughly with an alcohol-based hand rub or wash them with hot, soapy water for at least 20 seconds each time
- Sanitise any surfaces or hand-held equipment using disinfectant wipes both when entering and leaving the vehicle. Wipe down surfaces, phones, steering wheels, cabs, keyboards or anything else that can be touched by people
- Cover your mouth and nose when you sneeze or cough
- Carry tissues with you. Sneeze/cough into a tissue and then bin it immediately
- If you do not have a tissue, sneeze/cough into your sleeve or elbow
- Wash your uniform or work clothes regularly
- Avoid touching your eyes, nose and mouth, as this can spread the virus
- If you are carrying out 'sign for' deliveries, and especially when delivering to people's homes, regularly check the company's latest policy on appropriate procedures

NHS COVID-19 App:

Contact tracing apps are now available to download to your phone in England, Scotland, Wales and Northern Ireland. These apps will help you to know if you are at risk from coronavirus and to alert those around you.

Search the AppStore or Google Play to find the right app for where you live.

Keep updated:

Coronavirus has not gone away! As COVID-19 develops, advice is changing regularly. Please keep updated with official advice via the UK Government website [here](#).

