



## **COVID-19 Procedures from April 2022 for adults**

### **Prevention:**

- 1) minimise contact with individuals who are unwell
- 2) clean hands thoroughly
- 3) ensure good respiratory hygiene by promoting the 'catch it, bin it, kill it' approach
- 4) ventilate used areas appropriately
- 5) where necessary, wear appropriate personal protective equipment (PPE)

Adults are not expected to wear masks

Members of staff and visitors should only test if they have symptoms of Coronavirus.

In adults this can include:

- a high temperature or shivering (chills) – a high temperature 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
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

If you need a test, please see a member of SLT who can provide you with this.

If you have a positive COVID-19 test, you should not come to work for 5 days (starting from the day after you took the test). You can return to work after this period unless you have a high temperature.