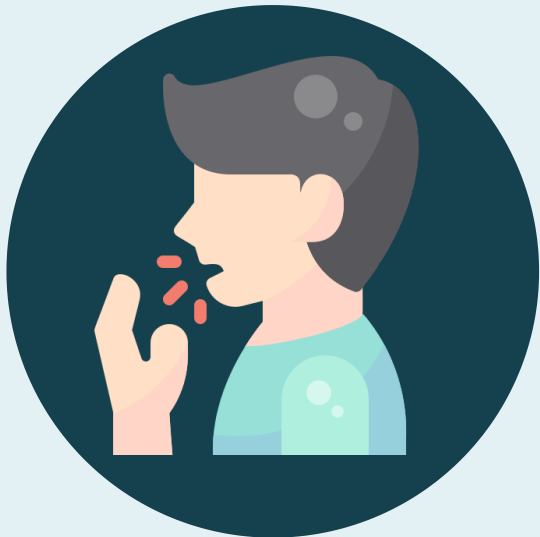# A COVID-19 GUIDE FOR THE WORKPLACE

COVER YOUR COUGH

Cover your cough with your hand or a tissue.

Bin the tissue immediately after use and clean your hands with antibacterial gel or hot soap and water.

KEEP YOUR DISTANCE

Keeping your distance at work is crucial. Make sure that your desk is at least 1 - 2 metres away from your colleagues; and when interacting, try to keep your distance as much as possible.
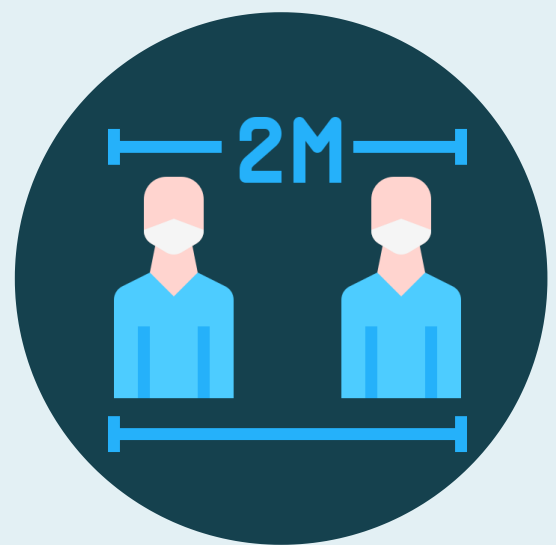
WEAR A MASK

Wear a mask where it's necessary and when you can - if you work in a care home or a shop this applies to you. A N95 mask offers more protection than a surgical mask does, the mask is designed to block 95% of very small particles.

TEMPERATURE TEST

Temperature testing can reduce the chances of COVID-19 exposure. Thermal cameras can automatically scan for a high temperature and can be enabled to deny an individual access to a building. Helping with both health and safety and security.

STAY AT HOME

Lastly, if you feel unwell or are showing any signs of COVID-19 do not go into work, isolate and get a test if need be. Help prevent the spread, protect the NHS and save lives.