

## Talk 85 (rev 03)

### CORONAVIRIS SAFETY INFORMATION

#### Introduction

COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January this year. The incubation period of COVID-19 is between 2 to 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, they have not been infected.

#### Signs and symptoms of COVID-19

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- High temperature (fever)
- New continuous cough
- Loss of taste or smell

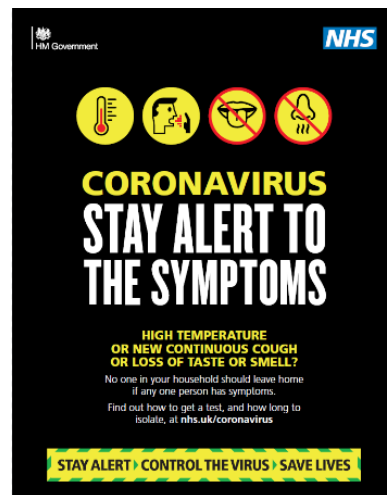
#### How COVID-19 is spread

The spread of COVID-19 is most likely to happen when there is close contact (within 2 metres) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

Respiratory secretions produced when an infected person coughs or sneezes containing the virus are most likely to be the main means of transmission.

There are 2 main routes by which people can spread COVID-19:

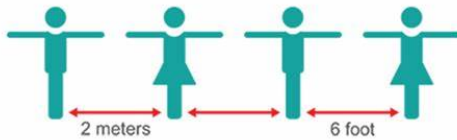
- infection can be spread to people who are nearby (within 2 metres) or possibly could be inhaled into the lungs.
- it is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching door knob or shaking hands then touching own face)



### Preventing the spread of infection

Social distancing remains the most important control measure to prevent the spread of COVID 19.

**STOP the spread of  
COVID-19  
Practice Social Distancing**



There may be activities where social distancing cannot be practiced, these activities will be risk assessed to ensure that the hierarchy of control are being followed to ensure the risk is reduced to the lowest possible level:

- Eliminate – all works where social distancing cannot be practiced if possible, if not;
  - Reduce – the number of workers and time where social distancing cannot be achieved (not restricted to 15mins as previously briefed)
  - Control – all works where social distancing cannot be achieved must be monitored and authorised prior to commencement
  - PPE – to be the last resort if required

National Institute for Health Protection (NIHP) recommends that the following general precautions are taken to help prevent people from catching and spreading COVID-19:

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- put used tissues in the bin straight away
- wash your hands with soap and water often (20 secs) – use hand sanitiser gel if soap and water are not available.
- try to avoid close contact with people who are unwell
- clean and disinfect frequently touched objects and surfaces
- do not touch your eyes, nose or mouth if your hands are not clean



**Guidance on face coverings**

Face coverings are not a replacement for social distancing, however where social distancing cannot be practiced, for example:

- travelling on public transport
- crowded areas (supermarkets etc)

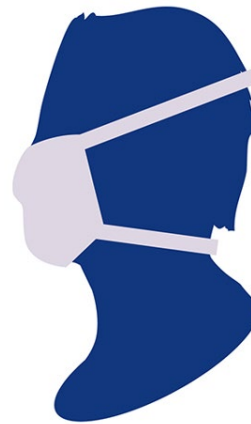
Then a face covering is not mandatory but recommended by current PGE Guidelines.

A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably.

Wash your hands or use hand sanitiser before putting it on and after taking it off and after use. Avoid touching your eyes, nose, or mouth at all times and store used face coverings in a plastic bag until you have an opportunity to wash them.

Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose. Once removed, make sure you clean any surfaces the face covering has touched.

You should wash a face covering regularly. It can go in with other laundry, using your normal detergent.

**COVID 19 Secure**

Five Steps to Safer Working Together:

- We have carried out a COVID-19 risk assessment and shared the results with the people who work here
- We have cleaning, handwashing and hygiene procedures in line with guidance
- We have taken all reasonable steps to help people work from home if possible
- We have taken all reasonable steps to maintain a 2m distance in the workplace
- Where people cannot be 2m apart, we have done everything practical to manage transmission risk

## **COVID 19 Isolation**

If you have symptoms of coronavirus infection (persistent cough/loss of taste and smell/high temperature), stay at home:

1. single persons living alone must isolate for **10 days**.
2. households of more than one person must isolate together for a period of **14 days (the initial infected person can return to work after 10 days if no further symptoms are displayed)**.

**STAY AT HOME**  
SELF ISOLATION



## **Further information**

If you need any further advice or information, use the following links or contact your HSEQ Manager for guidance:

- Health Safety Executive (HSE)
  - <https://www.hse.gov.uk/news/coronavirus.htm>
- UK Government
  - <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>
- National Institute for Health Protection (NIHP)
  - <https://www.gov.uk/coronavirus>