

## Covid-19 Best Practice

**All guidance in this document is based on guidelines provided by the government at the time of issue. Please ensure you are aware of any changes issued by the government by visiting <https://www.gov.uk/coronavirus>**

### General Hygiene

- Germs from coughs and sneezes can live on hands and surfaces for 24 hours. They are responsible for spreading illnesses.
- Therefore, it is extremely important to upkeep hygiene and cleanliness practices to ensure the prevention of the spread of viruses. This is especially true for construction sites where equipment and PPE can be shared.
- To aid with this, sites should provide hygiene wipes and/or alcohol hand sanitiser gel, tissues, and a closed bin for their disposal.

### To reduce the risk of spreading the virus:

#### Do

- Cover your mouth with a tissue or your elbow (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away.
- Wash your hands with soap and water often – use an alcohol-based hand sanitiser gel if soap and water are not available.
- Avoid close contact with people who are unwell remembering the 2-metre distance rule.

#### Don't

- Do not touch your eyes, nose or mouth if your hands are not clean.
- Avoid spitting in public.

### Coronavirus (COVID-19)

- Coronavirus (COVID-19) is a new illness that can affect your lungs and airways.
- NHS England reports that despite the exact form of transmission being currently unknown, it is likely that the Coronavirus is spread via cough droplets.
- Therefore, the above measures apply to prevent the spread of the coronavirus.

On 26 March 2020 there was an update via the Security Industry Authority website on the status of SIA licensed personnel and the critical work they undertake.

<https://www.sia.homeoffice.gov.uk/Pages/Coronavirus.aspx>

The current guidance is that you should work from home wherever possible. This is not possible for our frontline workers and we are not operating a business that falls into any of the categories which must remain closed. Therefore we should continue to attend duties as normal but ensure that we do everything possible to make sure our workspaces are COVID safe:-

- Wash hands
- Cover Face
- Make space

### Advice

**In the event that 1 or more of the following applies to you, ensure Head Office is notified immediately and arrange a FREE test online at <https://www.gov.uk/get-coronavirus-test> :**

- high temperature
- you have a new, continuous cough
- you've lost your sense of smell or taste or it's changed
- you've been asked to by a local council
- you're taking part in a government pilot project

*You can also get a test for someone you live with if they have symptoms.*

### **Who cannot get a free test?**

You cannot get a free NHS test unless you have symptoms, have been asked to by your local council, live in England and have been told to by your hospital, or are taking part in a government pilot project.

This applies even if:

- you live with someone who has coronavirus
- you've had close contact with someone who has coronavirus
- you've come to the UK from a high risk country
- you're planning to leave the country
- your employer or school has asked you to get a test

**You can pay for a private test if one or more of these statements apply to you, however you cannot use the NHS service.**

### **When to get a test?**

- If you have symptoms, get a test as soon as possible.
- Book a visit to a test site to have the test today.
- Test sites are open 7 days a week.
- Order a home test kit if you cannot get to a test site.