

If you have a



new and  
continuous cough

or



high  
temperature

**stay at home for 7 days**, if you live alone

**stay at home for 14 days**, if you live with others, including all household members

Only use **NHS 111** if your symptoms get worse or are no better after home isolation

## Stop the spread of coronavirus



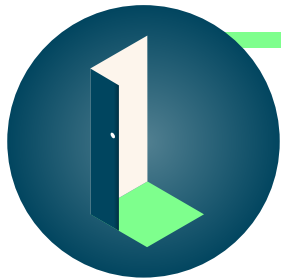
**Wash your hands  
more often  
and for 20 seconds**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away



**Businesses and workplaces should encourage their employees to work at home, wherever possible**



Frequently clean and disinfect objects and surfaces that are touched regularly, using your standard cleaning products



**Employees will need your support** to adhere to the recommendation to stay at home to reduce the spread of coronavirus to others

Those who follow advice to stay at home will be eligible for **statutory sick pay (SSP) from the first day** of their absence from work

**Employers should use their discretion** concerning the need for medical evidence for certification for employees who are unwell. This will allow GPs to focus on their patients

If someone becomes unwell in the workplace with a new, continuous cough or a high temperature, **they should be sent home**

Employees from **defined vulnerable** groups should be strongly advised and supported to stay at home and work from there if possible