

Coronavirus

The safety of our candidates is of paramount importance, so we've pulled together this leaflet to make sure you're aware of how to help prevent the transmission of covid-19 and that you know what to do and where to go if you have concerns.

COVID-19

Coronaviruses are a large family of viruses that cause illnesses from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS-CoV).

A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.



Shortness of
breath



Coughing



Sweating



Fever

WHAT DO I NEED TO DO?

1. Follow best practice guidelines for health & safety:

- Wash your hands with soap and water
- If you develop a cough, cover your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Clean and disinfect frequently touched objects and surfaces

2. Understand your local healthcare guidance and the measures in place to prevent the spread of the virus:

If you have been on holiday or travelling, please check your local healthcare advice on self-isolation and quarantining.

3. If you are concerned, or are presenting symptoms:

Do not go to a GP surgery, pharmacy or hospital, call: **111**

If you are in Wales and 111 is not available call: **0845 46 47**