

# 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 traveling, please check your local healthcare advice on self-isolation and quarantining.

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

Contact your healthcare provider immediately.