

Coronavirus & Virus Transmission

TOOLBOX TALK

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, tissues and a closed bin for their disposal.

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.

Coronavirus Symptoms

- Cough
- Runny nose
- Sore throat
- High temperature
- Shortness of breath

If the above symptoms apply & you have visited any of the countries listed below in the past 14 days, **self-isolate, do not visit a GP surgery and call 111**

Virus Transmission– Dos & Don'ts

Do

- Cover your mouth 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 – use an alcohol-based hand sanitiser gel if soap and water are not available
- Try to avoid close contact with people who are unwell

Don't

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

Coronavirus Advice

Protect Yourself

Wash your hands with soap and running water when hands are visibly dirty.



If your hands are not visibly dirty, frequently clean them by using **alcohol-based hand rub or soap and water.**

Protect Others

Sneeze into the elbow or a tissue when coughing and sneezing. **Throw tissue into closed bin immediately after use.**



Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick.

Symptoms to look out for:



Cough



Runny nose



Sore throat



Fever



Difficulty breathing

If you suspect you have the virus, contact the NHS non-emergency number on 111 immediately.

For some **high-risk countries** that have been visited since **February 19**, you need to be more aware of the **symptoms and self-quarantine** if needed. For information on these countries, please visit <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

Visiting Clients' sites

- Prior to visiting a client check to ensure that they do not have any restrictions in place that will prevent you from doing your work
- Be aware that the location that you are visiting may have people who are at increased risk (e.g. the elderly or sick).
- Avoid crowded or confined areas (e.g. sharing a lift in a building)
- Ensure that you wash/sanitise your hands between sites. Always carry sanitizer and tissues with you.
- Comply with any site-specific restrictions/requirements – this may include not shaking hands
- Consider opportunities to undertake the work remotely (e.g. giving advice by phone, Skype meetings etc)
- Check current advice about any high risk areas – the situation can change in a short period of time.

Coronavirus Questions

Name	Signature	Date
Name two symptoms of Coronavirus?		
Name 2 Dos and 2 Don'ts for Coronavirus?		