



COVID-19 - Stay alert

We can all help control coronavirus if we all stay alert. This means:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance (2 metres apart where possible)
- wash your hands regularly

If you have any symptoms of coronavirus you should self isolate at home and arrange to have a test to see if you have COVID-19.

Personal Protective Equipment (PPE)

For non health and social care settings, there is very little scientific evidence of widespread benefit from PPE. Instead, practising good hand hygiene and social distancing is key to minimising the risk of infection. We emphasise and reassure employers that for the majority the most effective way they can ensure that their employees are safe at work is to:

- where possible, alter business-as-usual ways of working to ensure social distancing can take place. In some circumstances this could involve the erection of physical 'splash barriers' to decrease staff anxiety, or redesign of customer flows to minimise contact opportunities
- ensure staff are aware and signs are visible in the workplace reminding employees and customers not to enter the premises if they have COVID-19 symptoms such as a high temperature or persistent cough (or a member of their household displays symptoms) and to avoid touching their eyes, nose and mouth with unwashed hands
- that employees are provided with regular breaks to allow them to wash their hands for 20 seconds. Break areas and break times should also be set up to allow for social distancing to occur to minimise contact during these times
- Staff may feel anxious about the virus and feel more comfortable at work while wearing masks. In these situations, disposable face covering can be provided and staff allowed to wear them. A face covering should cover your mouth and nose while allowing you to

Food and Health & Safety Team

Resident Services

T.01895 250 190

foodhealthandsafety@hillingdon.gov.uk

www.hillingdon.gov.uk

London Borough of Hillingdon,

Floor location, Civic Centre, High Street, Uxbridge, UB8 1UW

breathe comfortably. It is important to use face coverings properly and wash your hands before putting them on and after taking it off.

- There is separate government guidance which does advise people to wear masks whilst travelling on public transport, and you may wish to assist staff in this by providing masks for them to travel to and from work.
- If you are already using PPE as part of your normal work you should continue to do so.