













Coronavirus COVID-19 wellbeing advice



Have I got a cold, flu or COVID-19?

Symptoms		COVID-19	Cold	Flu
	FEVER	Common	Rare	Common
	FATIGUE	Sometimes	Sometimes	Common
	COUGH	Common (usually dry)	Mild	Common (usually dry)
	SNEEZING	No	Common	No
	ACHES AND PAINS	Sometimes	Common	Common
	RUNNY OR STUFFY NOSE	Rare	Common	Sometimes
	SORE THROAT	Sometimes	Common	Sometimes
	DIARRHOEA	Rare	No	Sometimes for children
	HEADACHES	Sometimes	Rare	Common
	SHORTNESS OF BREATH	Sometimes	No	No

Ways to help stop the spread of COVID-19

Wash your hands regularly with soap and water for 20 seconds. Especially at the start and end of your working day, and before eating lunch.

Catch it, bin it, kill it – sneeze into a tissue, then dispose of immediately in a bin, or sneeze into the crease of your elbow.

Clean down the inside of your vehicle at the start of every day – sanitise your vehicle steering wheel, gear stick, handbrake, dash and door handles.

Avoid contact with other people, who are not in your household. No shaking of hands or hugs. Keep your distance – 6ft/2m apart.

Refrain from face to face meetings – reschedule as a telephone or video call.

Restrict all non-essential travel.

If you feel unwell and have any of the symptoms highlighted by the Government, which are:

FEVER, COUGH, SHORTNESS OF BREATH

You should:

- **Stay at home** – do not go to work.
- **Self-isolate for 14 days** – anyone in your household must also stay home and self-isolate for the same duration.
- **Contact the NHS 111 helpline** or your GP by phone, if you feel you cannot manage your symptoms at home.



The POWER of social distancing

NOW



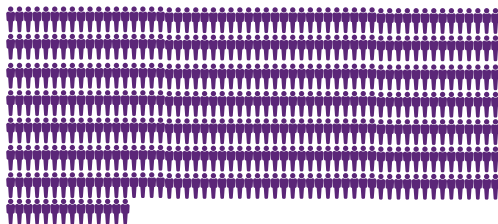
infects →

5 days



2.5 people infected

30 days



406 people infected

50% LESS EXPOSURE



infects →

5 days



1.25 people infected

30 days



15 people infected

75% LESS EXPOSURE



infects →

5 days



.625 people infected

30 days



2.5 people infected