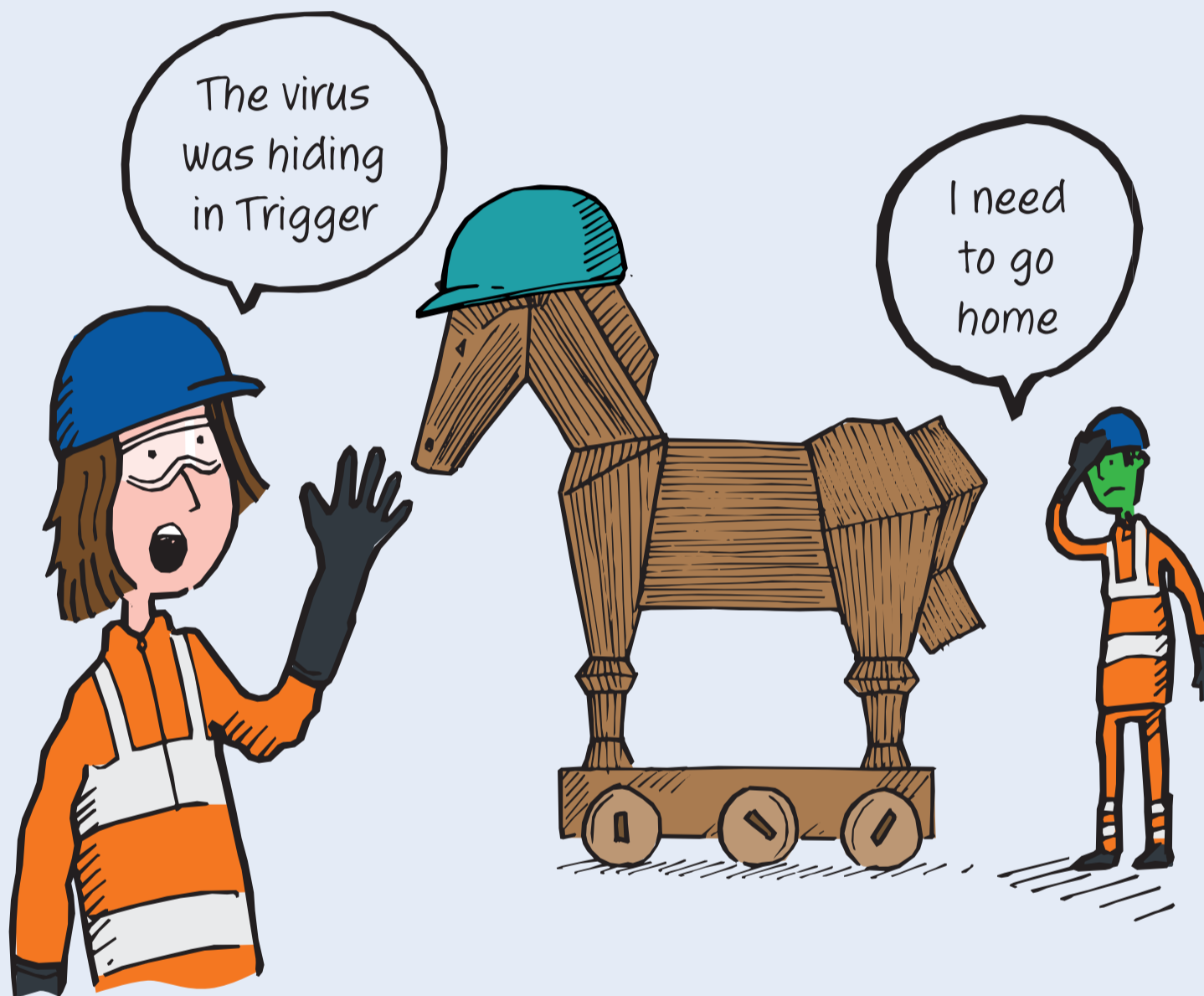


# Keep a constant guard

*Watch for the symptoms of the COVID-19 virus in yourself and others*



## What symptoms should I check for?

- Do you have a raised temperature?
- Are you feeling unwell?
- Do you have a new cough?
- Does a member of your household have these symptoms?

## If yes . . .

- Stay at home – if possible get a COVID-19 Test
- Inform your manager

## What else should I consider?

- Do I have any members of my household at risk?
- Can I get to work safely?

## If in doubt . . .

- Consult with your manager

*Wash your hands . . . Maintain social distancing . . .  
Clean your equipment . . . Maintain discipline*