



Policy 6 - Guidance for living safely with respiratory infections, including coronavirus (COVID-19)

The government has removed remaining domestic restrictions in England. There are still steps you can take to reduce the risk of catching and spreading COVID-19:

There are simple things you can do in your daily life that will help reduce the spread of COVID-19 and other respiratory infections and protect those at highest risk. Things you can choose to do are:

1. Get vaccinated.
2. Let fresh air in if meeting others indoors.
3. Practise good hygiene:
 - wash your hands
 - cover your coughs and sneezes
 - clean your surroundings frequently
4. Consider wearing a face covering in crowded, enclosed spaces

Face coverings and face masks can help reduce the chance of you spreading infection to others, especially in crowded and enclosed spaces, and may protect you from becoming infected by some respiratory viruses.

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work, take exams, or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

What to do if you have symptoms of a respiratory infection, including COVID-19, and have not taken a COVID-19 test

Try to stay at home and avoid contact with other people

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work, or carry out normal activities, try to stay at home and avoid contact with other people, until you no longer have a high temperature (if you had one) or until you no longer feel unwell.

It is particularly important to avoid close contact with anyone who you know is at higher risk of becoming seriously unwell if they are infected with COVID-19 and other respiratory infections, especially those whose immune system means that they are at higher risk of serious illness, despite vaccination.

Source: <https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19>

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