



Policy:	Covid-19 Pandemic Update	Reference:	C192USES
		Date:	May 2022

As we learn to live safely with COVID-19, there are actions we can all take to help reduce the risk of catching COVID-19 and passing it on to others. COVID-19 and other respiratory infections such as flu can spread easily and cause serious illness in some people.

New and existing symptoms of COVID-19:

- Continuous cough.
- High Temperature, fever or chills.
- Loss of, or change in, your normal sense of taste or smell.
- Shortness of breath.
- Unexplained tiredness, lack of energy.
- Muscle aches or pains that are not due to exercise.
- Not wanting to eat or not feeling hungry.
- Headache that is unusual or longer lasting than usual.
- Sore throat, stuff or runny nose.
- Diarrhoea, feeling sick or being sick.

In some cases, you might continue to have a cough or feel tired after your other symptoms have improved, but this does not mean that you are still infectious.

What to do if you have symptoms of COVID-19

Try to stay at home and avoid contact with other people.

If you leave your home.

If you leave your home while you have symptoms of a respiratory infection, and you have a high temperature or feel unwell, avoid close contact with anyone who you know is at higher risk of becoming seriously unwell.

Ways to reduce the spread of the infection:

- Wear a well-fitting face covering.
- Avoid crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated.

There are no legal requirements currently to do any of the above.

If you have a positive COVID-19 Test result

Try to stay at home and avoid contact with other people. You can pass on the infection to others, even if you have no symptoms.

SES Engineering (Newark) Ltd has a policy where all employees presenting a positive lateral flow test result or a positive PCR result, they must stay at home until a negative test is presented.

Many people with COVID-19 will no longer be infectious to others after 5 days, however in some cases people can still be infectious up to 10 days after a positive result.