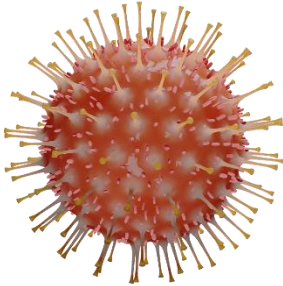


What?



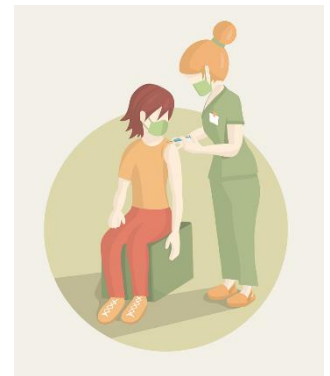
- **Covid-19 is an infectious disease caused by a newly-discovered coronavirus. It stands for Corona (CO) Virus (VI) Disease (D) and 19 (2019) the year that the virus first hit.**
- **It spreads through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. It can then be transmitted when these droplets land on surfaces.**
- **The main symptoms are a high temperature, a new continuous cough or a loss or change to your sense of smell or taste.**

Why?

Covid-19 is a very serious issue because:

- It is more infectious than the 'flu and has a higher death rate.
- Some people are at higher risk e.g. if they are overweight, have chronic health conditions, are over 70 or from a BAME (Black, Asian and Minority Ethnic) background.

By following the Government's guidance on socially distancing and hygiene, we can all do our bit to stop the spread of the virus. The roll out of vaccines is also helping to reduce cases.



Do ✓

- ✓ Limit contact with other people
- ✓ Keep your distance (2 metres where possible)
- ✓ Help other people to do the same
- ✓ Wash your hands regularly for a least 20 seconds
- ✓ Use hand sanitiser where this is not available
- ✓ Wear a face covering in the minibus and if you are being guided or are a sighted guide
- ✓ Seek immediate medical attention if symptoms occur and let Open Country know
- ✓ Display our 'Covid-19 Secure' poster in offices, minibuses and on work sites
- ✓ Read our Covid-19 Secure Guidelines & Organisational Risk Assessment

Don't ✗

- ✗ Don't attend Open Country if you have any of the symptoms
- ✗ Don't forget to socially distance
- ✗ Don't congregate by the minibus doors or in the gangways
- ✗ Don't lend other people tools or equipment - if you do they must be disinfected first
- ✗ Don't cough or sneeze near others; and use the inside of your flexed elbow



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Related TBTs	/	Version No.	3