



# BACKLINE

LOGISTICS | RECRUITMENT | TRAINING

## HELP PREVENT CORONAVIRUS

**Do not come to work if you or anyone in your household have symptoms of COVID-19**

- A high temperature of 37.8 or more
- A new continuous cough
- Loss or change to sense of smell / taste
- Shortness of breath

**CHECK YOUR TEMPERATURE AS SOON AS YOU ARRIVE TO WORK DAILY**

- **WASH YOUR HANDS OFTEN** – for at least 20 seconds. Especially when you arrive to work, after using ‘high touch’ equipment, before handling food and after you cough or sneeze
- **MAINTAIN SOCIAL DISTANCING** – keep yourself at least 2 meters away from other people
- **AVOID TOUCHING YOUR FACE** – also your eyes, nose or mouth with unwashed hands
- **CATCH YOUR COUGH / SNEEZE** – cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw away the tissue immediately
- **KEEP IT CLEAN** – clean surfaces regularly, especially ‘high touch surfaces’ such as kettles, microwaves, light switches, tables, printers, door handles etc