

Coronavirus (COVID-19) Advice

We do not want any unnecessary risks taken with regards to the possible spread of the virus.

If you think that you may be affected by the Coronavirus please contact our support team BEFORE attending any appointment you have with us and follow the advice from public health England www.gov.uk/government/organisations/public-health-england

If you have recently travelled to or from any international destination please follow the government advice: www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

If you are at any JIB meeting or at our office and while there, you feel unwell (e.g. with any cold, cough or flu-like symptoms):

- **Take all precautions not to spread airborne or contactable germs.**
- **Make the JIB event organiser aware.**
- **Arrange to leave the premises, and then follow official guidelines on what to do next.**

The JIB/ ECS will follow advice given by Public Health England and the NHS with regard to the Coronavirus. Appointments and meetings may be changed or cancelled at short notice. We will endeavour to accommodate our customers whenever we can.

Please ensure that you take the following actions to reduce the risks of exposure:

- **Wash your hands frequently** - Regularly and thoroughly clean your hands with an alcoholbased hand rub or wash them with soap and water.
Why? - Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- **Maintain social distancing** - Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
Why? - When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus.
- **Avoid touching eyes, nose & mouth**
Why? - Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.
- **Practice respiratory hygiene** - This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
Why? - Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
- **If you have a fever, cough and difficulty breathing seek medical care early:** Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.
Why? - National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent the spread of viruses and other infections.

The above is advice and support; there is no need to panic about the current circumstances. If you have any concerns or questions regarding the current situation and how it could affect planned meetings and appointments with the JIB/ ECS please contact our support team in the first instance before attending any appointment you have with us.