



## Preventing and Managing Sickness

# Guidance for staff, visitors and building users

We have strict precautions in place to reduce the spread of illness  
All users of the building are asked to follow the following guidance:

### Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin straight away and wash your hands afterwards
- ✓ try to avoid close contact with people who are unwell
- ✓ try to avoid close contact with the children and staff



### Don't

- X do not touch your eyes, nose, or mouth if your hands are not clean**
- X enter the Nursery if you are feeling unwell or have been in close contact with any person who is unwell**

If you think you might have coronavirus, have been to a country or area with a high risk of coronavirus in the last 14 days or you have been in close contact with someone with coronavirus ring NHS 111. Visit <https://www.nhs.uk/conditions/coronavirus-covid-19/> for further details

