

COVID-19 Symptom Update

From 18th May 2020 the Government updated its guidance on the most common symptoms of COVID-19, therefore effective immediately Streets encourage all businesses to encourage any employee with a recent onset of any of the following must isolate – the symptom in red is the recent change:

- A new continuous cough
- A high temperature
- **A loss of, or change in your normal sense of taste or smell (anosmia)**

Employees with symptoms must follow the below guidance:

1. **Employees that live alone and have symptoms:** however mild the symptoms, they must stay at home for at least 7 days from when the symptoms started. If after 7 days they continue to have a temperature they must continue to self-isolate until the temperature returns to normal. Please note that a cough and anosmia may last for weeks even after the infection has gone and employees do not need to continue to self-isolate if these symptoms remain after 7 days.
2. **Employees that live with others:** If they are the first person in the house to have symptoms they must self-isolate for 7 days as above, all other people within the house-hold must isolate for 14 days from the date the first person became ill. If any members of the household then become ill they need to isolate for at least 7 days from when they became ill no matter how far into the 14 day isolation they are. Please review the link for further guidance on timing and isolations for households https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874011/Stay_at_home_guidance_diagram.pdf.
3. **Vulnerable people:** where possible should be moved out of the home to stay with friends or family during the isolation period. If this is not possible the person or persons that are ill should stay away from the vulnerable person as much as possible.
4. **Hygiene:** continue to wash your hands regularly for 20 seconds using soap and water, cover any coughs and sneezes.
5. **Support/reporting:** If you are isolating DO NOT go to your GP, pharmacy or hospital, you do not need to contact 111 unless you cannot cope with the symptoms or the symptoms get worse in which use 111 online to seek advice or call 999 in an emergency.
6. **Testing:** testing is now available upon request for everyone that has symptoms of COVID-19, this is called an antigen test and should be requested in the first 3 days of having symptoms. You do not need to be tested if you are staying at home but may choose to request the test if you wish. <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/ask-for-a-test-to-check-if-you-have-coronavirus/>

The information contained in this Factsheet is believed to be correct as at 19/05/20 but there may be errors or omissions for which the Streets organisation cannot be held responsible. Should you seek any further guidance please email your usual Streets contact or email info@streetsweb.co.uk or visit www.streetsweb.co.uk.