

Advice on the coronavirus for the food industry

Symptoms of coronavirus (COVID-19)

The symptoms are:
a cough
a high temperature
shortness of breath

But these symptoms do not necessarily mean you have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Avoid catching or spreading coronavirus

✓ 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

✗ Don't

do not touch your eyes, nose or mouth if your hands are not clean

