

## Toolbox Talks Covid 19 - Coronavirus

### Reason

Covid 19 is currently a significant risk to people all around the world

### Why

If you know how to manage the virus you will help prevent further spread.

### Outline

This toolbox talk covers the actions to take that have been recommended by the government

## Details

### What is Coronavirus?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

At the current time and based on the government's understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.

### What are the symptoms?

The most common symptoms of Coronavirus (COVID-19) are the recent onset of a new continuous cough and/or high temperature.

### What should you do if you have the symptoms?

You should stay at home if you or any person you are living with have either:

- a high temperature

- a new continuous cough

The duration that you should stay at home for is determined by the government and should be checked using the NHS website as soon as you become aware of the symptoms. This will help to protect others in your community while you are infectious.

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital. If you have symptoms of Coronavirus (a high temperature or a new, continuous cough), use the 111 Coronavirus service.

Testing will not be done on people who are self-isolating with mild symptoms.

## **Precautions**

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 immediately and wash your hands afterwards

Try to avoid close contact with people who are unwell

Stay at home unless you are a key worker or working within an environment/industry that has not been restricted by the government.

Practice social distancing (2 meters away from each other) at work.

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

\*If you are going to work, please ensure before doing so you check National Government advice on the subject to ensure they endorse it

\*\*For those who are still going to work on site, its essential to follow the Government advice and adhere to The Construction Leadership Council Site Operating Procedures, the most up to date version can be found on their website - [www.constructionleadershipcouncil.co.uk](http://www.constructionleadershipcouncil.co.uk)

## **Treatment for Coronavirus**

There is currently no specific treatment for Coronavirus.

Antibiotics do not help, as they do not work against viruses.

Treatment aims to relieve the symptoms while your body fights the illness.

You'll need to stay in isolation, away from other people, until you have recovered

## **Questions**

1. What is Coronavirus?
2. What should you do if you think that you have the symptoms of Coronavirus?
3. List the precautions that you should take to help prevent the spread of the virus.
4. What are the available treatments against Coronavirus?
5. If you are working on site, where would you find the Site Operating Procedure guidance?

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**Please Note:**

The information within this toolbox talk was correct at 14:30 on the 14th April 2020 with information taken from various government websites including:

- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>
- <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>
- <https://www.who.int/health-topics/coronavirus>
- <https://www.gov.scot/coronavirus-covid-19/>
- [www.constructionleadershipcouncil.co.uk](http://www.constructionleadershipcouncil.co.uk)

As this situation is frequently changing, you should confirm that the advice provided has not changed before you deliver this toolbox talk to your Workers.

If you are going to work, please ensure before doing so you check National Government advice on the subject to ensure they endorse it

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## Toolbox Talks Covid 19 - Coronavirus

### Briefing Record – Covid 19 - Coronavirus

Briefing Delivered By:		Date:	
Signature:		Time:	

### Persons attending the briefing

Name	Signature	Date