

CORONAVIRUS (COVID-19)

ADVICE AND REQUIREMENTS



As a result of the recent outbreak of the Coronavirus, JWS is establishing precautionary measures to protect the well-being of our employees, customers and community respectively.

All employees, third parties, visitors and contractors when entering the JWS site must disinfect their hands before entering. Alcoholic hand sanitiser stations have been located at every entry point to the JWS site including the weighbridge, and all personal entering the premises must use the hand sanitiser stations before they enter the site.

All JWS drivers and staff have been issued with alcoholic hand gel and must use this each time they enter JWS, or after making contact with any other person outside of the JWS Premises.

WHAT IS CORONAVIRUS (COVID-19)

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

Novel coronavirus (COVID-19) is a new strain of coronavirus first identified in Wuhan City, China.



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Company Registration Number: 1721300

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PREVENTION

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC (Centres for Disease Control and Prevention) always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues (then wash hands)



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the bin.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



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- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

SYMPTOMS

The symptoms of coronavirus 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.

ACT

If you experience any of the symptoms and you have been to a high-risk area, or you have had contact with another person that has visited a high-risk area, self-isolate and call 111. NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do

Do not go to a GP surgery, pharmacy or hospital. Call 111 if you need to speak to someone.



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