

## Coronavirus (COVID-19)

We would like to raise awareness of the increasing cases of the Coronavirus and advise of how to protect yourself and others against it.

### Common symptoms include:

- Respiratory symptoms
- Fever
- Dry cough
- Shortness of breath
- Sore throat
- Breathing difficulties

### How to avoid catching or spreading germs:

- Cover your mouth and nose with a tissue when you cough or sneeze
- Put used tissues in the bin immediately
- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water is not available
- Try to avoid close contact with people who are unwell
- Don't touch your eyes, nose or mouth if your hands are not clean

Please see below a useful link for further information, advice and guidance:  
<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

As an extra precaution all candidates and workers are required to fill out our form before registering or going into a workplace.

If you are feeling unwell and experiencing any of the above symptoms, we would advise you seek medical advice from the NHS staff by calling 111 immediately.

If you are currently working for us and have visited areas where COVID-19 has spread over the last month, please seek advice and inform us immediately.

For any further information, please do feel free to contact us on 02392 361115 or email [hello@v3recruitment.com](mailto:hello@v3recruitment.com)