



Advice Sheet – **REVIEWED 9 MAY 2022** – COVID-19

Always Consult Specific Advice

- **Always Consult is beginning to return to some person-to-person training, however the majority of training sessions continues to be delivered remotely.**
- **The Always Consult COVID-19 Risk Assessment has been updated to reflect current government advice and guidance. This will be regularly reviewed to ensure that staff, associates and learners are kept informed.**

Latest Government advice on COVID-19:

COVID-19 remains a risk

COVID-19 is still circulating within the community. It is still possible to catch and spread COVID-19, even if you are fully vaccinated.

Get vaccinated

[COVID-19 vaccines are safe](#) and effective. Getting fully vaccinated is the best way of protecting you and others against COVID-19.

Wear a face covering

When used correctly, wearing a [face covering](#) may reduce the spread of coronavirus droplets from coughs, sneezes and speaking, helping to protect others.

Although wearing a face covering is no longer a legal requirement, they are still strongly recommended in indoor areas where you come into contact with people you do not usually meet.

Get tested and self-isolate if required

The self-isolation advice for people with coronavirus (COVID-19) has changed. It is now possible to end self-isolation after 5 full days if you have 2

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negative LFD tests taken on consecutive days. The first LFD test should not be taken before the fifth day after your symptoms started (or the day your test was taken if you did not have symptoms). The self-isolation period remains 10 full days for those without negative results from 2 LFD tests taken a day apart.

If you develop any of the main symptoms of COVID-19, stay at home and self-isolate immediately.

If you have a positive LFD or PCR test result but do not have any of the main [symptoms of COVID-19](#), stay at home and self-isolate as soon as you receive the results. You should do this even if you have received one or more doses of COVID-19 vaccine.

Other people in your household might need to self-isolate too. Please see section below for information [on what the other members of your household need to do](#).

More detail here: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Read more: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-how-stay-safe-and-help-prevent-spread>

If you decide that you need to self-isolate, please discuss immediately with Carol Ewels or Roddy Christie.

Latest NHS Advice on COVID-19:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

What is a coronavirus?

Coronaviruses are a group of viruses that are common across the world, including the common cold. 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.

COVID-19 is the disease caused by a new coronavirus named SARS-CoV-2. The disease affects your lungs and airways. It spreads through respiratory droplets or small “aerosol” particles, produced when an infected person coughs, sneezes, sings,

talks, or breathes.

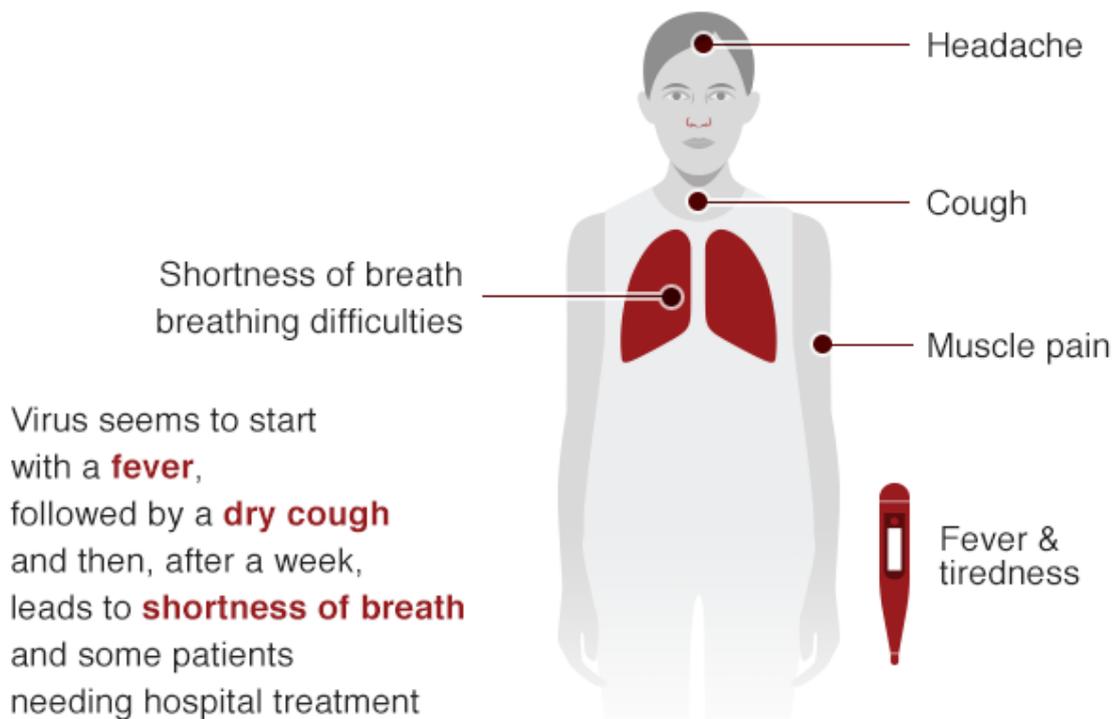
World Health Organisation:

Current evidence suggests that the **main way the virus spreads is by respiratory droplets among people who are in close contact with each other.**

Aerosol transmission (as opposed to droplet transmission) can occur in specific settings, particularly in indoor, crowded and inadequately ventilated spaces, where infected person(s) spend long periods of time with others, such as restaurants, choir practices, fitness classes, nightclubs, offices and/or places of worship. More studies are underway to better understand the conditions in which aerosol transmission is occurring outside of medical facilities where specific medical procedures, called aerosol generating procedures, are conducted.

The virus can also spread after infected people sneeze, cough on, or touch surfaces, or objects, such as tables, doorknobs and handrails. Other people may become infected by touching these contaminated surfaces, then touching their eyes, noses or mouths without having cleaned their hands first.

Symptoms of coronavirus (Covid-19)



Source: WHO

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Advice for stopping virus spread



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

Useful Links

- Latest statistics and data: <https://coronavirus.data.gov.uk>
- FCO travel advice: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Further Questions?

If you are unsure what you need to do, please ring 0333 444 2467 or email support@alwaysconsult.com.