

GSE procedures for suspected cases of COVID 19, The common Cold, or The Flu.

Site Managers / Supervisors must contact GSE HQ, The Contracts manager / GSE Health & Safety Manager.

An Assessment can then be made of an operative's next course of action in line with NHS & UK GOV guidance.

Operatives / Supervisors should also fill in the appropriate form.

Coronavirus MAIN Symptoms:	Common Cold Symptoms:	FLU Symptoms:
<ul style="list-style-type: none"> • a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) • a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) • a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal <p>Most people with coronavirus have at least 1 of these symptoms.</p>	<p>Cold symptoms come on gradually and can include:</p> <ul style="list-style-type: none"> • a blocked or runny nose • a sore throat • headaches • muscle aches • coughs • sneezing • a raised temperature • pressure in your ears and face • loss of taste and smell <p>Telling the difference between cold and flu If you have a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste, it could be coronavirus (COVID-19). Get advice about coronavirus symptoms and what to do</p>	<p>Flu will often get better on its own, but it can make some people seriously ill. It's important to get the flu vaccine if you're advised to. Flu symptoms come on very quickly and can include:</p> <ul style="list-style-type: none"> • a sudden fever – a temperature of 38C or above • an aching body • feeling tired or exhausted • a dry cough • a sore throat • a headache • difficulty sleeping • loss of appetite • diarrhoea or tummy pain • feeling sick and being sick <p>If you have a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste, it could be coronavirus (COVID-19). Get advice about coronavirus symptoms and what to do</p>
<p>What to do if you have the MAIN symptoms</p>	<p>How you can treat yourself with a Cold.</p>	<p>How you can treat yourself with a Flu.</p>
<ol style="list-style-type: none"> 1. Get a test to check if you have coronavirus as soon as possible. 2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test. <p>Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.</p>	<p>To help you get better more quickly:</p> <ul style="list-style-type: none"> • rest and sleep • keep warm • drink plenty of water (fruit juice or squash mixed with water is OK) to avoid dehydration • gargle salt water to soothe a sore throat. 	<p>To help you get better more quickly: rest and sleep</p> <p>keep warm take paracetamol or ibuprofen to lower your temperature and treat aches and pains</p> <p>drink plenty of water to avoid dehydration (your pee should be light yellow or clear)</p>