

Coronavirus Guidance

Stay 2 metres apart from other people wherever possible or 1 metre with extra precautions in place (such as wearing face coverings)

Disinfect all machinery and shared hard surfaces after use e.g. tractor cabs

Cover your nose and mouth with a tissue or your sleeve if you cough or sneeze

If you feel unwell
(high temperature, a new, continuous cough and a loss or change to your sense of smell or taste)
go home immediately and let your boss know

Wash your hands more often,
for 20 seconds, with soap and water
(use hand sanitiser if soap is not available),
and always when you:

- ✓ Get into work
- ✓ Blow your nose, sneeze or cough
- ✓ Eat or handle food
- ✓ Touch shared machinery/facilities

**REMEMBER: YOU CAN SPREAD THE VIRUS
EVEN IF YOU DON'T HAVE SYMPTOMS**



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