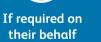
## **NetworkRail**

## CORONAVIRUS: WHAT YOU NEED TO DO

	Self isolate for 7 days	Self isolate for 14 days	Minimise your social distance to 2 metres for no longer than 15 minutes	Avoid non-essenti al travel	Work from home where feasible and locally agreed	Speak to your GP regarding your specific health condition or circumstances	Inform your line manager
If you have symptoms of Coronavirus and you live alone	Ø		Ø	Ø	Ø		Ø
If you share a household and are the first to develop symptoms	Ø		Ø	Ø	Ø		Ø
If you share a household with someone who develops symptoms		Ø	Ø	Ø	Ø		Ø
If you have an underlying health condition or are pregnant			<u>Å</u>		<u>Å</u>	Ø	Ø
If you are aged 0-69							Ø
If you are aged 70 years, or above			<u>Å</u>		<u>Å</u>		Ø
If you live with or care for someone aged 70 years or above or with an underlying health			<u>Å</u> ,	Â,	<u>Å</u>	Ø,	Ø,

an underlying health condition











## **EVERYONE**

Wash your hands regularly for at least 20 seconds, avoid touching your face, catch sneezes into a tissue and dispose of it.



For full definitions please visit:

https://bit.ly/NRCoronavirusHub