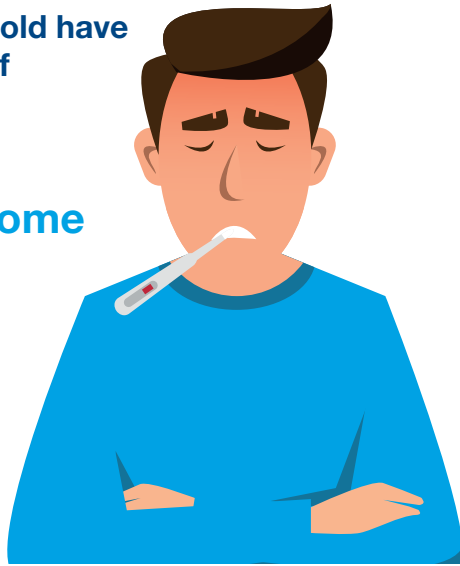


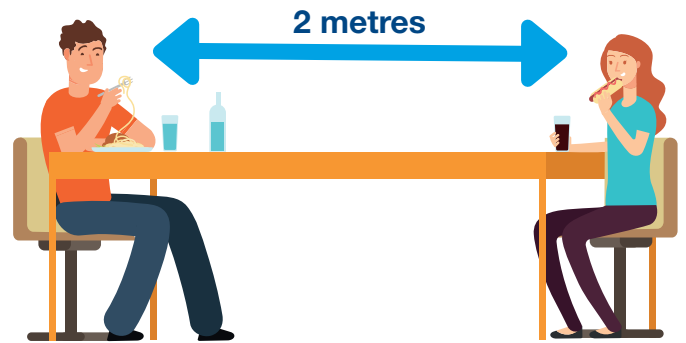
# COVID-19 in the workplace, Protecting yourself and others

If you or someone in your household have symptoms of COVID-19 (even mild)

**Stay at Home**



Physical distancing at work matters too!



Minimise close contact with colleagues during tea breaks, moving around the building, in lift halls etc

COVID-19 spreads and infects others when it enters the nose eyes or mouth



Perform regular hand hygiene and avoid touching your face

Exposed food can become contaminated with COVID-19



Avoid sharing of open food at staff bases/rest rooms

COVID-19 can spread on shared equipment

**Keep it Clean**



**Healthier  
Scotland**  
Scottish  
Government