



## Process 2.9

### Covid Symptoms

**Purpose of this process is to effectively manage and monitor driver/OSM reporting symptoms**

Any driver that shows signs of Covid 19 should follow the government guidance below, as well and reporting this to the On site manager, the On site manager will then report any cases to the Director Mike Nickson and will ensure the driver self isolates, reporting the drivers name and date so that the 7 days insulation can be managed locally.

Any On site manager showing signs of Covid 19 should report to their Area Manager North or South, the Area Manager will then monitor the date and ensure the 7 day isolation is followed and will then report to the Director Mike Nickson.

Gov.uk Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **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)
- **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

#### Staying at home if you have symptoms (self-isolation)

If your symptoms are mild, NHS 111 will usually advise you and anyone you live with not to leave your home. This is called self-isolation.

- Anyone with symptoms should self-isolate for 7 days from when their symptoms started.
- Anyone who does not have symptoms should self-isolate for 14 days from when the first person in your home started having symptoms.

#### Self-isolation if you or someone you live with has coronavirus symptoms

**Gov.uk guidance**

<https://www.nhs.uk/conditions/coronavirus-covid-19/what-to-do-if-you-or-someone-you-live-with-has-coronavirus-symptoms/staying-at-home-if-you-or-someone-you-live-with-has-coronavirus-symptoms/>

**NHS guidance**

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

**How to treat the Coronavirus symptoms at home.**

<https://www.nhs.uk/conditions/coronavirus-covid-19/what-to-do-if-you-or-someone-you-live-with-has-coronavirus-symptoms/how-to-treat-coronavirus-symptoms-at-home/>

**If you or someone you live with get coronavirus again, follow the guidance link**

<https://www.nhs.uk/conditions/coronavirus-covid-19/what-to-do-if-you-or-someone-you-live-with-has-coronavirus-symptoms/if-you-or-someone-you-live-with-gets-coronavirus-symptoms-again/>