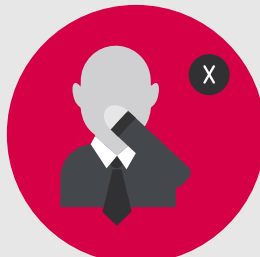# COVID-19 Guidance to protect worker health and safety

Sedex

How to keep yourself and your colleagues **safe**

1m +

Keep physical distance

X

Avoid touching your face

Clean surfaces and floors regularly

Wash your hands regularly

Cover cough and sneeze

Use Personal Protective Equipment (PPE)

COVID-19 **symptoms**

Cough

Fever

Shortness of breath

If you have these symptoms, speak with your manager and call healthcare services.