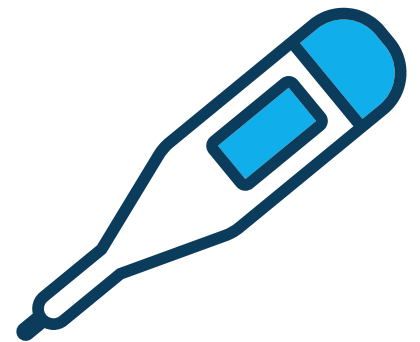


Know the COVID-19 symptoms

The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath



Seek medical advice if:

- You develop worsening symptoms
- You have been in close contact with a person known to have COVID-19
- You live in or have recently been in an area with ongoing spread of COVID-19
- Call the NHS on 111 or visit www.111.nhs.uk/covid-19

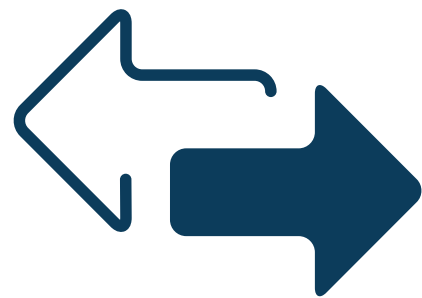


Help to stop the spread



Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



Maintain physical distancing

Maintain at least 2 meters (6 feet) distance between yourself and others, we will set out the training centre to facilitate this.



Avoid touching your eyes, nose and mouth

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



Seek medical advice early if you feel unwell

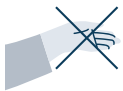
Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

Help keep our training centre safe

Practice good hygiene



Wear face coverings to protect yourself and others



Stop hand shakes and use **non-contact greeting methods**



Clean hands regularly and use the hand sanitiser provided around the centre



Maintain a 2m distance from others on the course



Avoid touching your face and cover your coughs and sneezes



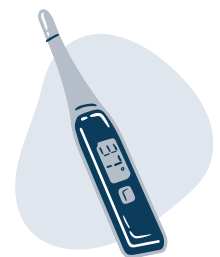
Increase ventilation by opening windows or adjusting the air conditioning

If you have a fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell.

If you have a fever, cough and difficulty breathing, seek medical attention and call them in advance.

Make Training ByteSize aware so we can make other candidates and our trainer aware.



Stay safe throughout the day

- Bottled and sealed drinks will be provided throughout the day
- Hot drinks will be laid out to avoid cross contamination
- Meals and snacks will be prepacked

Take care of you

Outbreaks are a stressful and anxious time for everyone, and you might find training this week difficult. Please speak to us if you have any concerns.