

Coronavirus Guidance

Stay at least 2 metres (6ft)
away from other people

Disinfect all machinery and shared
hard surfaces after use e.g. tractor cabs

Cover your nose and mouth with a tissue
or your sleeve if you cough or sneeze

If you feel unwell
(high temperature, persistent cough)
go home immediately and let your boss know

Wash your hands more often,
for 20 seconds, with soap and water
(use hand sanitiser if soap is not available),
and always when you:

- ✓ Get into work
- ✓ Blow your nose, sneeze or cough
- ✓ Eat or handle food
- ✓ Touch shared machinery/facilities

**REMEMBER: YOU CAN SPREAD THE VIRUS
EVEN IF YOU DON'T HAVE SYMPTOMS**



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