

# protecting your physical wellbeing.

## Coronavirus - updated Tues 17th March

**At Randstad, our candidates' well-being remains our utmost priority.** It's a time of unprecedented disruption and uncertainty but we remain focused on ensuring the workplace is a healthy and safe environment for all. Following Boris Johnson's statement on 16th March, we wanted to update you regarding what that currently means for the world of work.

### **What are the two major symptoms to look out for and should I self-isolate if I experience them?**

We are following [NHS advice](#). Please stay at home if you have either:

- a high temperature - you feel hot to touch on your chest or back
- a new, continuous cough - this means you've started coughing repeatedly.

### **How long to stay at home**

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

### **Who needs to take extra care?**

The advice is that avoiding all unnecessary social contact is particularly important for people over 70, for pregnant women and for those with some health conditions (please see below).

### **What are some of the chronic conditions said to heighten the risk?**

- Heart disease
- Lung disease
- Diabetes
- High blood pressure
- Cancer
- Patients undergoing treatments for autoimmune diseases, such as rheumatoid arthritis, lupus, multiple sclerosis (MS) and inflammatory bowel diseases
- Patients with HIV
- Anyone who has had organ or bone marrow transplants.

### **What should I do if I have an assignment and I need to self-isolate?**

Please reach out to your expert Randstad consultant via the phone or email. They will be able to notify the client accordingly and we can discuss returning to work at a later date. Please do not attend an assignment if you are suffering from the symptoms mentioned above and/or you have returned from a high risk country. This is also applicable for visiting Randstad branches, in order to safeguard our employees.

### **Can I work from home?**

Again, please reach out to your expert Randstad consultant. There are some roles where working from home may be welcomed by the employer. Unfortunately, that isn't feasible for all roles and placements but we are working closely with our clients to explore flexible ways of working.

### **What can you do to protect yourself from being infected (and spreading the virus)?**

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to

- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family.

### **Where can I go for medical advice if I feel ill?**

The advice is to only use the NHS when we really need to - and [to go online](#) rather than ringing NHS 111. You should reach out, via the [NHS 111 portal](#) in the first instance, if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days.

### **What will happen in the longer term? Will more work be available?**

This is very hard for Randstad to predict but we always aim to move as swiftly as possible - in line with the latest government and NHS advice. We will continue to keep all Randstad employees, candidates, clients and partners up-to-date.

### **What's the latest travel advice?**

As this changes at speed, please review and adhere to the advice shared by The Foreign & Commonwealth Office. The government website is also a very helpful online resource tool: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

### **When am I entitled to sick pay?**

Randstad will be paying sick pay for all those workers who are eligible. If you are not eligible, then we recommend that you contact The Department for Work and Pensions (DWP) to explore the options available to you.

We are also in the process of expediting conversations via federations and unions to understand how we can safeguard the financial well-being of our contingent workforce and what government measures might be available to assist them during this time. Further communication on this topic will be shared upon confirmation.

### **Who can support if you have further questions?**

The government website contains all the information you need to know, from travel to isolation and medical advice to social distancing.

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Please rest assured you can also reach out to your Randstad consultant or you can email [Coronavirus.enquiries@randstad.co.uk](mailto:Coronavirus.enquiries@randstad.co.uk) for support.