

# Coronavirus COVID-19 Customer Notice

We wish to reassure you that 1Life Management Solutions are following the advice from the Government, Public Health England and the NHS in order to control the spread of COVID-19. We are constantly monitoring this advice and liaising with the local authority to ensure we deliver the latest advice.

Current evidence is that most cases are mild, although it's important to take sensible precautions to stop the virus spreading. This means carrying tissues with you to use when you sneeze or cough, and bin the tissue. Wash your hands regularly for at least 20 seconds with soap and water or, if these aren't available, use hand sanitiser.

**Please note the advice as it stands is stay at home for 7 days if you have either:**

- **A high temperature**
- **A new continuous cough**

This will help to protect others in your community while you are infectious. Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact NHS 111 to tell them you're staying at home.

If you're worried about your symptoms, you can use the online NHS 111 coronavirus service or call NHS 111 instead of visiting your GP, pharmacy, or hospital.

We have increased our cleaning regimes with a greater focus on handles, equipment and surfaces and will provide hand sanitisers, sanitiser wipes or sanitiser sprays to help you protect yourselves and others and we ask you to please clean down any pieces of equipment you have used once you have finished using it.

We ask you to help support us in maintaining a high level of hygiene and to help prevent the chances of the virus spreading within our Centre's and communities.

If you have any further concerns, please contact a member of the Management Team.

Thank you  
Mark Braithwaite (Managing Director)

**1Life**  
Live more. Live well.

## CATCH IT

Cover your nose and mouth with clean tissue when you cough or sneeze.



## BIN IT

Dispose of used tissue in the nearest bin.



## KILL IT

Washing your hands and cleaning surfaces prevents the spread of germs.

