

## **CBM Covid 19 Policy**

**We ask all visitors to CBM offices and attendees at CBM events to respect the below guidance and follow best practice personal hygiene standards outlined below.**

**If you are due to attend a CBM event or meeting and have been advised to self-isolate please contact CBM to let us know and if possible, we will put other provisions in place. The advice on who needs to self-isolate can be found at <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance> .**

### **Hygiene**

**Please wash your hands or use hand-sanitiser on arriving at the CBM office or event after using public transport and after coughing and sneezing.**

Public Health England recommends that the following general cold and flu precautions are taken to help prevent people from catching and spreading COVID-19:

- 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 straight away.
- Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available.
- Try to avoid close contact with people who are unwell.
- Clean and disinfect frequently touched objects and surfaces.
- Do not touch your eyes, nose or mouth if your hands are not clean.

A copy of their latest guidance can be found at <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

**If you start to feel unwell at a CBM office or event, you should:**

- try to move to an isolated area which is at least 2 metres away from other people (e.g. an available meeting room), covering your mouth and nose with a tissue when you cough or sneeze and avoiding touching people, surfaces and objects.
- make the relevant CBM member of staff aware.
- call NHS 111.