

Apprenticeship Guide

Coronavirus (COVID-19)



Announcements



Shopping for basic necessities such as **food** and **medicine**. Shopping trips should be as infrequent as possible.

One form of exercise a day such as a run, walk, or cycle. This should be done alone or only with people you live with.

Any **medical need**, or to **provide care** or to **help a vulnerable person**. This includes moving children under the age of 18 between their parents' homes, where applicable. Key workers or those with children identified as vulnerable can continue to take their children to school.

Travelling to and from work, but **only where work absolutely cannot be done from home**.

UK Government Response Coronavirus (COVID-19): What you need to do

Stay at home

**Only go outside for food,
health reasons or essential work**

**Stay 2 metres (6ft)
away from other people**

**Wash your hands
as soon as you get home**

Anyone can spread the virus.

Even when following the above guidance, people should minimise the amount of time spent out of their homes and should keep two metres (6ft) away from people they do not live with.

The government is also stopping all social events, including weddings, baptisms and other ceremonies - but funerals will be allowed.

**STAY AT
HOME** 

**PROTECT
THE NHS**

 **save
lives**



Coronavirus (COVID-19): UK Government Response

What is Coronavirus?

Coronavirus (COVID-19) is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. For most people, coronavirus (COVID-19) will be a mild illness.

What should I do if I think I have coronavirus or symptoms?

Stay at home for 14 days 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**

DO NOT go to a GP surgery, pharmacy or hospital.

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

Testing for coronavirus is not needed if you're staying at home.

**Use the NHS 111 online
coronavirus service if:**

- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after 7 days
- **Only call 111 if you cannot get help online.**



Coronavirus (COVID-19): UK Government Response

How long to stay at home?

Stay at home for 14 days if you have either:

- **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 alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started.

If you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill. It is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

For anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period. If you cannot move vulnerable people out of your home, stay away from them as much as possible.

Action



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

Try to avoid close contact with people who are unwell

The advice for anyone in any setting is to follow these main guidelines.

1. The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 14 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.
2. Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.
3. To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.
4. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.



Do NOT touch your eyes, nose or mouth if your hands are not clean

Action



What we are doing to help you continue with your apprenticeship:

Remote Learning.



An online lecture timetable will be available next week for all apprentices who are in self isolation and who feel well enough to attend. Please contact us on 0333 577 2557 to be sent the link for attendance.

Online Training.



This timetable will be enhanced with online training sessions if the country is put into lockdown.

Remote Testing.



Maths and English will also be tested remotely and in line with awarding body regulations.

LDM Support.



Your LDM will be available online as well if social distancing is to be enhanced or there is a lockdown.

One file.



Work will be uploaded to your One file for you to complete during any isolation periods and please keep in touch with your LDM.

If at any time you feel vulnerable and need to talk, please call your LDM 1st or our office on: 0333 577 2557

We are here for you!

If you have any concerns about your training or workplace



Umbrella Training Main Office:

0333 577 2557

info@umbrellatraining.co.uk
www.umbrellatraining.co.uk

Unit 21, The Joiner's Shop,
Historic Dockyard
Chatham
Kent
ME4 4TZ

Or please contact your
LDM directly

**In a medical emergency, or if you need
urgent medical assistance, you should always dial 999.**

NHS Information about Coronavirus (COVID-19) can be found at:
www.nhs.uk/conditions/coronavirus-covid-19

Government advice can be found at: www.gov.uk