

## Going to work safely



Coronavirus means we have to stay a safe distance away from other people.



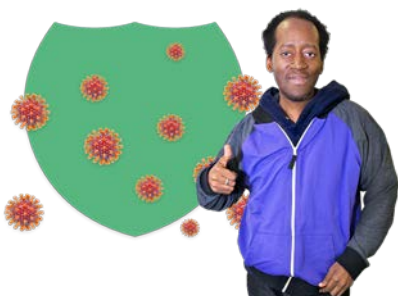
That means lots of people have been working from home for a few months.



The government has given some new guidance on how to work safely during coronavirus.



You should still work from home if you can. This is the safest option.



If you have to go to work, there are lots of things you should do to stay safe.



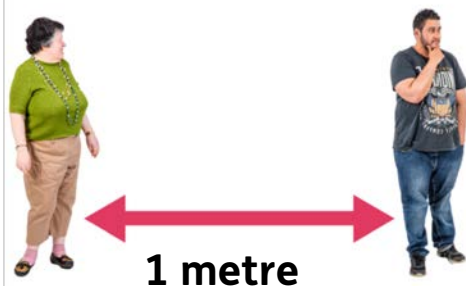
If you have to go to work, you should walk or cycle if you can.



Try to stay 2 metres away from other people.



If you hold your arms out to the side, that is about 2 metres.



If you cannot stay 2 metres away, you should stay 1 metre away and do extra things to keep everybody safe.



You must wear a face mask that covers your nose and mouth.



Wash your hands as often as possible, and always after getting off public transport.



Try to face away from other people on public transport.



Try not to touch things that other people have touched, like bells, bars or handles.



Buses and trains can be more busy at some times of day.



Your employer could let you come into work at a different time to help you avoid busy buses or trains.



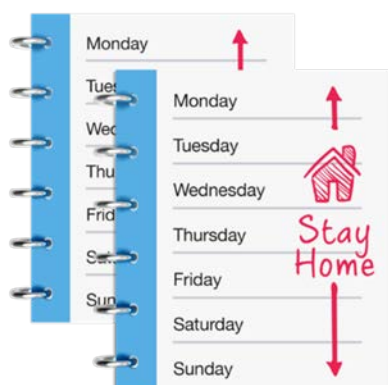
During coronavirus, lots of people have lost their jobs or worked less than usual.



Your employer should make changes to help you keep your job if they can.



Your employer should do everything they can to keep your workplace safe from coronavirus.



If you have symptoms of coronavirus, or someone in your house does, you must not go to work for at least 2 weeks.