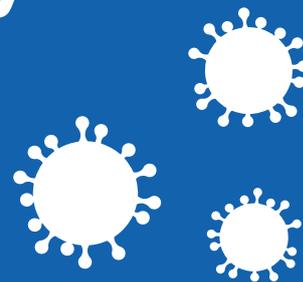


# Advice for staff working in the hospitality industry

You have tested positive for COVID-19.  
Here's what you need to know.



## 1. Stay at home for ten days

If you have tested positive for COVID-19 and been told to self-isolate, you must stay at home for at least ten days regardless of symptoms. The ten days will start from the day your symptoms started (*or the date of the test if you do not have symptoms but were asked to get a test*). Make sure your workplace is aware that you have tested positive.

You should not leave the house or go outside your home at any time. This will reduce the risk of you infecting others.

- Do not go to work, school, or public areas
- Do not use public transport or taxis
- Avoid contact with anyone you live with as far as possible
- Wash your hands often, and clean surfaces such as door handles and railings regularly
- Only take exercise in your home or garden
- Do not leave the house to buy food or other essentials.

You should order your shopping and medication online or by phone. Delivery drivers should not enter your home, and items should be left outside for collection.

If you require help with buying groceries, other shopping, picking up medication, or walking a dog, you should ask friends or family, or contact your local council.

## 2. Everyone you live with should stay at home for 14 days

Everyone you live with must also stay at home and self-isolate for **14 days**. They may be feeling well and not have or develop any COVID-19 symptoms, but it is still essential that they stay at home for **14 days**. This is because if they have been infected, they could be infectious to others for up to **14 days**.

Some people infected with the virus don't show any symptoms at all, and staying at home will help prevent the spread of the virus to family, friends, the wider community, and particularly those who are clinically extremely vulnerable.

## 3. Everyone you live with should get a free COVID-19 test if they develop symptoms

If anyone you live with has any symptoms of COVID-19, they should book a free COVID-19 test immediately on [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or by calling **119**. This is because the test is most accurate in the first five days of having symptoms.

## Symptoms include:

- A fever
- A persistent or new cough
- Loss of or change in sense of smell and taste.

## 4. Contact tracing

The NHS Test and Trace Team or the Manchester Contact Tracing Response Team will contact you and ask you to share information about any close contacts you had just before or after you developed symptoms.

They will ask you to provide, where possible, the names and contact details (for example, email address, telephone number) for the people you have had close contact with. As with your own details these will be held in strict confidence and will be kept and used only in line with data protection laws.

When they contact people to advise them to self-isolate, they will not usually tell them your identity. However, there may be situations where they need to pass your details on to protect public health. Please advise the contact tracer if you are concerned that passing your details on to a particular contact(s) could put you in danger.

### What does a close contact mean?

A close contact doesn't just mean members of your family or people you live with.

It also includes people you have been in close contact with as you have been going about your daily life in shops, bars and cafes where you have had:

## Direct contact without full PPE:

**This means face-to-face contact for any length of time within one metre, including:**

- being coughed on
- a face-to-face conversation
- physical contact (*skin to skin*) without PPE
- travel in a small vehicle
- any exposure within a one-metre distance, for one minute or longer.

## Extended contact without full PPE:

This is where you have been in contact with people within a one to two-metre distance for more than 15 minutes.

**As you work in a bar/cafe/restaurant, the list of potential close contacts could be significant, and wearing a visor or face covering does not stop the following people from being a contact:**

- Customers you have served/chatted to while face to face within a one-metre distance
- Customers you have served/chatted to for more than 15 minutes, while one to two metres away
- Managers/staff members you have interacted/worked with within a one-metre distance
- Managers/staff members you have spent more than 15 minutes with, while one to two metres away
- Managers/staff members you have socialised with outside of work either face to face within a one-metre distance, or for more than 15 minutes within a one to two-metre distance.

## 5. Retesting won't mean you can return to work sooner

You shouldn't be retested during the ten-day isolation period following your positive COVID-19 result. This is because regardless of the results of a second test, positive or negative, you must stay at home for the **full ten days**.

This is the same for everyone you live with. If their first test is negative, that does not mean that they can go back to work. They must stay at home for at least **14 days**, as they could develop symptoms or become infectious at any point during the **14 days**.

## 6. Returning to work

After ten days you can return to work, as long as you no longer have a fever. The cough and change to sense of taste or smell may still be present for some time, but these symptoms do not mean you have to continue to isolate.

**When you go back to work, make sure you follow the COVID-secure workplace guidance put in place by your employer. This can include:**

**Wearing any PPE required for the environment you're working in:**

- Check with your manager if you are unsure what PPE you should be wearing
- Use the correct technique for putting on and taking off PPE
- Dispose of used PPE safely.

**Keeping a safe distance from colleagues in back-of-house/common areas:**

- Stagger break times to ensure social distancing is maintained in staff break rooms
- If the kitchen/common room is busy and you can't keep a safe distance, come back later
- Eat your lunch a safe distance away from others
- Take your break in a safe space outside.

**Following hygiene procedures:**

- Clean your hands regularly and appropriately
- Sneeze or cough into a tissue – 'catch it, bin it, kill it'
- Avoid touching your face with your hands
- Follow standard infection prevention and control precautions
- Increase the frequency of hand washing and surface cleaning.

Guidance on working safely can be found at <https://assets.publishing.service.gov.uk/media/5eb96e8e86650c278b077616/working-safely-during-covid-19-restaurants-takeaway-delivery-230720.pdf>