



Keeping safe from Covid-19

1. Stay home if you have symptoms of a new cough, sore throat, difficulty breathing, high temperature, loss of taste and/or smell. If you have any of these symptoms in college, contact the nurse.
2. Travel to college avoiding public transport if possible.
3. Wear a mask in corridors and in all communal or social spaces.
4. Keep your distance, stay 2 metres apart. Do NOT shake hands.
5. Wash your hands regularly and especially on visiting the toilet or before eating and drinking. We are providing hand sanitiser where handwashing is not possible.
6. Face to face close contact must be avoided, side-by-side working and back-to-back working is acceptable.
7. Don't share equipment or resources, please use your own. College-issued equipment and resources will be disinfected and/or quarantined in between users.
8. Catch it, bin it, kill it! Sneeze or cough into your elbow or shoulder and throw away any tissues in a bin immediately.
9. Keep college tidy, a clean desk policy is in place.
10. We have extra cleaners on site – please report any college areas which need attention.



Queries about health and safety matters should be addressed to Rosie Shale at rshale@jcc.ac.uk

