







**POSTER  
CORONAVIRUS COVID-19**

**Falcon Tower Crane Services Ltd**  
Shipdham Airfield Industrial Estate  
Shipdham, Thetford, IP25 7SD

<p><b>IF YOU HAVE VISITED ANY OF THE BELOW LOCATIONS WITHIN THE PAST 14 DAYS</b></p> <p><b>ITALY IRAN CHINA (HUBEI PROVINCE) SOUTH KOREA (SPECIAL CARE ZONES)</b></p> <p><b>DO NOT ENTER ANY FTCS SITES/DEPOTS</b></p>	<p><b>SIGNS AND SYMPTOMS</b></p> <p>The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:</p> <ul style="list-style-type: none"> <li>• dry cough with no running nose</li> <li>• difficulty in breathing</li> <li>• fever with a temperature +37.8 degrees</li> </ul>
<p><b>SOCIAL DISTANCING COMPULSORY</b> +70 YEASR OLDS PREGNANT IF YOU ARE INSTRUCTED TO GET ANNUAL FLU JAB BMI +40 CHRONIC HEART, LIVER, KIDNEY, RESPIRATORY DISEASE HIV/AIDS</p>	

**PRECAUTIONS**

<p>AVOID PHYSICAL CONTACT</p>	<p>To protect each other and visitors to our sites and offices from COVID-19:</p> 
<p>WASH HANDS REGULARLY AND USE SANITISERS IMRPOVE CLEANING REGIME FOR HIGH TOUCH AREAS SUCH AS DOOR HANDLES, BANISTERS ETC DEEP CLEAN MULTI-USE EQUIPMENT CABS, CONTROLS</p>	
<p>RESTRICT ALL UNNECESSARY TRAVEL CONDUCT MEETINGS VIA CONFERENCE CALL</p>	
<p>AVOID OVERCROWDING</p>	

**If you are operational: please ensure you follow guidelines issued by site.**

**IF YOU HAVE ANY CONCERNS CONTACT YOUR IMMEDIATE LINE MANAGER**



POSTER  
CORONAVIRUS COVID-19

Falcon Tower Crane Services Ltd  
Shipdham Airfield Industrial Estate  
Shipdham, Thetford, IP25 7SD

- 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 with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

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

➔ Use the 111 coronavirus service

Only call 111 if you cannot get help online.

Do

- ✓ 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
- ✓ avoid close contact with people who have symptoms of coronavirus
- ✓ only travel on public transport if you need to
- ✓ work from home, if you can
- ✓ avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- ✓ avoid events with large groups of people
- ✓ use phone, [online services](#), or apps to contact your GP surgery or other NHS services

Don't

- ✗ do not touch your eyes, nose or mouth if your hands are not clean
- ✗ do not have visitors to your home, including friends and family

IF YOU HAVE ANY CONCERNS CONTACT YOUR IMMEDIATE LINE MANAGER