



Coronavirus (COVID-19): latest information and advice

Situation in the UK

Number of cases

As of 01 October 2023, 12,187 people on 23rd September were confirmed as positive. The number of deaths over the last 7 days reported are 144 (GOV.UK).

Symptoms of coronavirus

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath
- Loss of taste or smell

But these symptoms do not necessarily mean you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Travellers

Advice from the UK Chief Medical Officers:

- **Travelling in the UK and abroad**
 - International travel
 - You must follow the rules for international travel.
- **Travelling to England from outside the UK**
 - People planning to travel to England should follow the guidance on entering the UK.
- **Travelling in the UK, Ireland and Channel Islands**
 - There are no restrictions on travel within England.
 - You should check the rules at your destination if you're planning to travel to Scotland, Wales or Northern Ireland, or to Ireland or the Channel Islands as there may be restrictions in place.
 - Do not travel if you have COVID-19 symptoms or are self-isolating. Get a PCR test and follow the stay at home guidance.

Do not go to a GP surgery, pharmacy or hospital. Call [111](#), stay indoors and avoid close contact with other people.

How to avoid catching or spreading germs

There are things you can do to help stop viruses like coronavirus spreading.

Do

- 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
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell

Don't

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

If employees are unable to go to work

If you are advised to 'self-isolate' and unable to attend work you should inform your manager as soon as possible.

In accordance with guidance from ACAS, employees can either take the necessary time off as holiday, or request unpaid leave and where possible, permission to work from home. Sick leave is another option with the provision of a fit note, and this would be in line with our usual absence process.

Further information

- [NHS: answers to common questions about coronavirus](#)
- [GOV.UK information on coronavirus and the situation in the UK](#)
- [GOV.UK foreign travel advice](#)
- [COVID-19: Guidance for education settings](#)
- <https://111.nhs.uk>

Startright Training Ltd: Next review: 01st October 2024