## Leading Labels Ltd Risk Assessment Covid-19

| Assessor               |  |
|------------------------|--|
|                        |  |
| Job title              |  |
|                        |  |
| Assessment date        |  |
|                        |  |
| Review date(s)         |  |
|                        |  |
| Business type/location |  |
|                        |  |

Risk Rating = Likelihood x Severity

Where a Risk Rating of 25 requires immediate action and 1 requiring no action

| Likelihood       | Severity                              |
|------------------|---------------------------------------|
|                  |                                       |
| 1= Very unlikely | 1= Low - Minor Injury                 |
|                  |                                       |
| 2= Unlikely      | 2= Low- Less than three days off work |
|                  | 3= Medium - more than 3 days less     |
| 3= Fairly Likely | than 7days off work                   |
|                  |                                       |
| 4= Likely        | 4= Medium - More than 7days off work  |
|                  |                                       |
| 5= Very Likely   | 5= High - Major injury/death          |

|                                   |               |                            | Initial |                                 | Residual |  | When is    |                    |      |
|-----------------------------------|---------------|----------------------------|---------|---------------------------------|----------|--|------------|--------------------|------|
|                                   | Who is at     |                            | Risk    |                                 | Risk     | Action to be carried                         | the action |                    |      |
| Hazard and potential risks        | risk          | <b>Existing Controls</b>   | Rating  | Further Required Actions        | Rating   | out by whom:                                 | needed     | Any Further action | Done |
| Infection Prevention, Cleaning an | d Staff Safet | ty                         |         |                                 |          |  |            |                    |      |
|                                   |               |                            |         | A full re-introduction will be  | 12       | <u>)                                    </u> |            |                    |      |
| Coronavirus Covid-19. There is a  |               |                            |         | carried out for all staff, with |          |  |            |                    |      |
| direct threat to staff health and | Staff,        | Washroom facilities are    |         | specific focus on coronavirus   |          |  |            |                    |      |
| wellbeing from transmission of    | Customers,    | available to all staff and |         | and the social distancing       |          |  |            |                    |      |
| coronavirus while at work         | visitors      | visitors.                  | 25      | measures in place               |          |  |            |                    |      |
| People can catch the virus from   |               |                            |         | Circulating "COVID secure"      |          |  |            |                    |      |
| others who are infected in the    |               |                            |         | coronavirus policies and safety |          |  |            |                    |      |
| following ways:                   |               |                            |         | procedures to all staff and     |          |  |            |                    |      |
|                                   |               |                            |         | managers; these set out how     |          |  |            |                    |      |
|                                   |               | Disenfectant and cleaning  |         | staff should behave and the     |          |  |            |                    |      |
|                                   |               | equipment available to     |         | precautions they must adopt     |          |  |            |                    |      |
|                                   |               | clean washrooms/kitchen    |         | during the pandemic to keep     |          |  |            |                    |      |
|                                   |               | and staff rooms            |         | them safe                       |          |  |            |                    |      |

|                                      | Who is at      |                   | Initial<br>Risk |   | Residual<br>Risk | Action to be carried | When is the action |                       |      |
|--------------------------------------|----------------|-------------------|-----------------|---|------------------|----------------------|--------------------|-----------------------|------|
| Hazard and potential risks           | Who is at risk | Existing Controls | Rating          | Further Required Actions                                  | Rating           | out by whom:         | needed             | Any Further action    | Done |
| Trazara arra poterniar riene         | TIOK           | Existing Controls | rtating         | requiring staff to practice                               | rtating          | out by whom          | noodod             | rany rantation abatem | Dono |
| 1) Virus moves from person-to-       |                |                   |                 | effective social distancing while                         |                  |                      |                    |                       |      |
| person in droplets from the nose or  |                |                   |                 | in and around the workplace,                              |                  |                      |                    |                       |      |
| mouth spread when a person with      |                |                   |                 | while travelling to work and in                           |                  |                      |                    |                       |      |
| the virus coughs or exhales          |                |                   |                 | all work business   |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Managers should pass on and                               |                  |                      |                    |                       |      |
| 2)The virus can survive for up to 72 |                |                   |                 | reinforce key Government                                  |                  |                      |                    |                       |      |
| hours out of the body on surfaces    |                |                   |                 | public health messages to all                             |                  |                      |                    |                       |      |
| which people have coughed on, etc    |                |                   |                 | staff:  |                  |                      |                    |                       |      |
| 3) People can pick up the virus by   |                |                   |                 | Do not touch face, eyes, nose                             |                  |                      |                    |                       |      |
| breathing in the droplets or by      |                |                   |                 | or mouth if hands are not clean                           |                  |                      |                    |                       |      |
| touching contaminated surfaces       |                |                   |                 |   |                  |                      |                    |                       |      |
| and then touching their eyes or      |                |                   |                 |   |                  |                      |                    |                       |      |
| mouth                                |                |                   |                 |   |                  |                      |                    |                       |      |
| 4) Air conditioning units only       |                |                   |                 | Cover the mouth and nose with                             |                  |                      |                    |                       |      |
| promote a faster circulation of      |                |                   |                 | a tissue or sleeve (not hands)                            |                  |                      |                    |                       |      |
| possibly contaminated air            |                |                   |                 | when coughing or sneezing                                 |                  |                      |                    |                       |      |
|                                      |                |                   |                 | (Catch it — Bin it — Kill it)                             |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Dut would tipe week in the him                            |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Put used tissues in the bin                               |                  |                      |                    |                       |      |
|                                      |                |                   |                 | straight away Wash hands regularly with soap              | •                |                      |                    |                       |      |
|                                      |                |                   |                 | and water for at least 20                                 | ,                |                      |                    |                       |      |
|                                      |                |                   |                 | seconds (use hand sanitiser gel                           |                  |                      |                    |                       |      |
|                                      |                |                   |                 | if soap and water are not                                 | l                |                      |                    |                       |      |
|                                      |                |                   |                 | available)  |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Clean and disinfect frequently                            |                  |                      |                    |                       |      |
|                                      |                |                   |                 | touched objects and surfaces                              |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Avoid close contact with people                           |                  |                      |                    |                       |      |
|                                      |                |                   |                 | who are unwell  |                  |                      |                    |                       |      |
|                                      |                |                   |                 | In all departments, fully                                 |                  |                      |                    |                       |      |
|                                      |                |                   |                 | implement Public Health                                   |                  |                      |                    |                       |      |
|                                      |                |                   |                 | England (PHE) Guidance for                                |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Employers and Businesses on                               |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Coronavirus, including the                                |                  |                      |                    |                       |      |
|                                      |                |                   |                 | following key safety                                      |                  |                      |                    |                       |      |
|                                      |                |                   |                 | precautions:  |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Keep risk assessments under                               |                  |                      |                    |                       |      |
|                                      |                |                   |                 | review to ensure that a safe                              |                  |                      |                    |                       |      |
|                                      |                |                   |                 | place of work is maintained                               |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Consult with staff and fully involve the workforce at all |                  |                      |                    |                       |      |
|                                      |                |                   |                 | stages of the pandemic                                    |                  |                      |                    |                       |      |
|                                      |                |                   |                 | Make any adjustments to the                               |                  |                      |                    |                       |      |
|                                      |                |                   |                 | workspace/rotas/work patterns/                            |                  |                      |                    |                       |      |
|                                      |                |                   |                 | procedures necessary to                                   |                  |                      |                    |                       |      |
|                                      |                |                   |                 | facilitate effective infection                            |                  |                      |                    |                       |      |
|                                      |                |                   |                 | prevention and social                                     |                  |                      |                    |                       |      |
|                                      |                |                   |                 | distancing at work  |                  |                      |                    |                       |      |
|                                      |                |                   |                 | •   |                  |                      |                    |                       |      |

|                                      |           |                              | Initial |  | Residual |                      | When is    |                    |      |
|--------------------------------------|-----------|------------------------------|---------|--|----------|----------------------|------------|--------------------|------|
|                                      | Who is at |                              | Risk    |  | Risk     | Action to be carried | the action |                    |      |
| Hazard and potential risks           | risk      | Existing Controls            | Rating  | Further Required Actions   | Rating   | out by whom:         | needed     | Any Further action | Done |
|                                      |           |                              |         | Provide hand sanitiser as  |          |                      |            |                    |      |
|                                      |           |                              |         | required at entrance/exits and   |          |                      |            |                    |      |
|                                      |           |                              |         | at till points   |          |                      |            |                    |      |
|                                      |           |                              |         | Frequently cleaning and  |          |                      |            |                    |      |
|                                      |           |                              |         | disinfecting objects and   |          |                      |            |                    |      |
|                                      |           |                              |         | surfaces that are touched  |          |                      |            |                    |      |
|                                      |           |                              |         | regularly particularly in areas of   |          |                      |            |                    |      |
|                                      |           |                              |         | high use such as cash desks,   |          |                      |            |                    |      |
|                                      |           |                              |         | door handles, light switches,  |          |                      |            |                    |      |
|                                      |           |                              |         | using appropriate cleaning   |          |                      |            |                    |      |
|                                      |           |                              |         | products and methods.  |          |                      |            |                    |      |
|                                      |           |                              |         | Essana ales celles and base and dated  |          |                      |            |                    |      |
|                                      |           |                              |         | Facemasks will be provided   |          |                      |            |                    |      |
|                                      |           |                              |         | where social distancing is not possible i.e at cash desk, back   |          |                      |            |                    |      |
|                                      |           |                              |         | office areas and deliveries  |          |                      |            |                    |      |
|                                      |           |                              |         | office areas and deliveries  |          |                      |            |                    |      |
|                                      |           |                              |         | Close changing rooms in  |          |                      |            |                    |      |
|                                      |           |                              |         | accordance with government   |          |                      |            |                    |      |
|                                      |           |                              |         | guidance.  |          |                      |            |                    |      |
|                                      |           |                              |         | Turn all air conditioning units off  | :        |                      |            |                    |      |
|                                      |           |                              |         | to prevent circulation of droplets   |          |                      |            |                    |      |
|                                      |           |                              |         |  |          |                      |            |                    |      |
|                                      |           |                              |         | Any customer returned  |          |                      |            |                    |      |
|                                      |           |                              |         | merchandise should be  |          |                      |            |                    |      |
|                                      |           |                              |         | quarentined in a confined area   |          |                      |            |                    |      |
|                                      |           |                              |         | for 72 hours before returning to   |          |                      |            |                    |      |
|                                      |           |                              |         | the shopfloor.   |          |                      |            |                    |      |
|                                      |           |                              |         | Wherever possible any first aid to be carried out with no  |          |                      |            |                    |      |
|                                      |           |                              |         | physical contact with the injured  |          |                      |            |                    |      |
|                                      |           |                              |         | party. Face masks must be  |          |                      |            |                    |      |
|                                      |           |                              |         | worn and any plasters etc  |          |                      |            |                    |      |
|                                      |           |                              |         | should be handed to the  |          |                      |            |                    |      |
|                                      |           |                              |         | patient.   |          |                      |            |                    |      |
| Workplace Social Distancing          |           |                              |         | •  |          |                      |            |                    |      |
| Effective social distancing is a key | Staff,    | Staff are required to        | 25      | Place markers on the floor to  | 12       | 2                    |            |                    |      |
| element in reducing the              |           | practice effective social    |         | demonstrate the 2mdistancing   |          |                      |            |                    |      |
| transmission of COVID-19             | visitors  | distancing while in and      |         | measure down main walkways   |          |                      |            |                    |      |
|                                      |           | around the workplace,        |         |  |          |                      |            |                    |      |
|                                      |           | while involved in work       |         |  |          |                      |            |                    |      |
|                                      |           | activities and when          |         |  |          |                      |            |                    |      |
|                                      |           | travelling to and from work, |         |  |          |                      |            |                    |      |
|                                      |           | whenever possible, by:       |         |  |          |                      |            |                    |      |
| Social distancing refers to people   |           | Avoiding non-essential       |         | Remove stands/fixtures where   |          |                      |            |                    |      |
| being required to maintain a         |           | contact with others          |         | necessary to accommodate 1   |          |                      |            |                    |      |
| distance from each other of 1        |           |                              |         | metre distancing.  |          |                      |            |                    |      |
| metres, wherever possible            |           |                              |         | , and the second |          |                      |            |                    |      |
|                                      |           |                              |         |  |          |                      |            |                    |      |

|  | Who is at |   | Initial<br>Risk |   | Residual<br>Risk | Action to be carried | When is the action |                    |      |
|--|-----------|---|-----------------|---|------------------|----------------------|--------------------|--------------------|------|
| Hazard and potential risks Social distancing effectively puts people at a safe range from anyone coughing. | risk      | Existing Controls Keeping a safe distance of at least 1 metres (about 3 steps) from others whenever possible. Shoppers queueing 1 meters apart to gain access | Rating          | Further Required Actions Adaptations to the premises to support social distancing will include:   | Rating           | out by whom:         | needed             | Any Further action | Done |
| The main route of virus transmission is through droplets exhaled or coughed by an infected person          |           | Avoiding physical contact (e.g. hugs, handshakes, etc)  |                 | Signage placed throughout the store reminding customers and staff of the 2-metre regulation including posters and floor markings.   |                  |                      |                    |                    |      |
|  |           | Avoiding public transport to get to work wherever possible  |                 | Making regular announcements via the tannoy system where avaliable to remind staff and customers of the social distancing measures  |                  |                      |                    |                    |      |
|  |           |   |                 | Maximum occupancy limits in stores established and monitored. <b>16m2 per person to be</b> allowed in store.  |                  |                      |                    |                    |      |
|  |           |   |                 | Reduced staff numbers on<br>each shift, to minimise use of<br>back office facilities and adhere<br>to 1 metre distancing measures   |                  |                      |                    |                    |      |
|  |           |   |                 | Face to face contact with customers should be avoided if possible. Conversations should be made side by side if needed.   |                  |                      |                    |                    |      |
|  |           |   |                 | Adaptations to work processes to support social distancing will include:  Workstations and desks to be  |                  |                      |                    |                    |      |
|  |           |   |                 | arranged with a minimum separation between them; and screens fitted to cash desks to minimise customer/cashier contact.   |                  |                      |                    |                    |      |
|  |           |   |                 | Essential meetings held in well ventilated rooms with appropriate social distancing in place; numbers limited to essential members only and use phone/video conferencing, etc |                  |                      |                    |                    |      |

| Hazard and potential risks  | Who is at risk                   | Existing Controls   | Initial<br>Risk<br>Rating | Further Required Actions  | Residual<br>Risk<br>Rating | Action to be carried out by whom: | When is<br>the action<br>needed | Any Further action | Done |
|---|----------------------------------|---|---------------------------|---|----------------------------|-----------------------------------|---------------------------------|--------------------|------|
|   |                                  |   |                           | Face-to-face meetings replaced with video conferencing, phone conferencing, etc   |                            |                                   |                                 |                    |      |
| Higher Risk Areas of the Workplac   |                                  |   |                           |   |                            |                                   |                                 |                    |      |
| in cortain places in the workplace:   | Staff,<br>Customers,<br>visitors | Ensure higher-risk high-<br>traffic areas of the<br>workplace are COVID-<br>secure by applying<br>appropriate safety<br>precautions, including:   | 25                        | Printing handwashing instructions/posters and displaying throughout workplace, especially in toilets  | 12                         | 2                                 |                                 |                    |      |
| Heavily used areas of the workplace are more likely to present an infection transmission risk                           |                                  | Staff must always follow<br>good hygiene practice<br>while at work (i.e. regular<br>handwashing, using<br>tissues and disposing of<br>them appropriately, etc)                            |                           | Increased cleaning, especially in and around toilets and restrooms and staff rooms; special attention to be paid to frequently touched surfaces such as door handles, toilet flush handles, light switches, etc                                 |                            |                                   |                                 |                    |      |
| Essential for staff to wash hands regularly but also that toilets are kept clean and free of coronavirus contamination. |                                  | Managers ensure that<br>adequate hand-cleaning<br>resources are provided; all<br>staff toilets to be supplied<br>with adequate supplies of<br>hot water, liquid soap, and<br>paper towels |                           | One person in the kitchen at a time.Kitchen and toilets to be cleaned after every use.  |                            |                                   |                                 |                    |      |
| Increased risk of people coughing<br>and touching door handles, taps<br>and toilet flush handles                        |                                  | Staff numbers are limited<br>around high traffic areas<br>such as corridors, stairs,<br>toilets, and restrooms at<br>any one time to ensure<br>social distancing                          |                           | Changing rooms closed to customers.   |                            |                                   |                                 |                    |      |
|   |                                  | Breaks are staggered to ensure that restrooms and toilets are not overloaded  |                           | Paper towels provided as an alternative to towels or hand dryers  |                            |                                   |                                 |                    |      |
|   |                                  | Hand sanitizer placed at convenient places around the store with instructions for use   |                           | Non-essential doors to be left open where possible to minimise the number of people who touch them. Fire doors and access into the back office(s) and stockroom will remain closed. In addition doors will be left open to improve ventilation. |                            |                                   |                                 |                    |      |
| Office and Equipment Sharing  |                                  |   |                           |   |                            |                                   |                                 |                    |      |

|  | Who is at |   | Initial<br>Risk |   | Residual<br>Risk | Action to be carried | When is the action |                    |      |
|--|-----------|---|-----------------|---|------------------|----------------------|--------------------|--------------------|------|
| Hazard and potential risks Sharing of equipment increases the risk of Covid-19 transmission further  | Staff     | Existing Controls  Equipment should not be shared between staff; limit use of high-touch equipment in the workplace, e.g. pens,                                   |                 | Further Required Actions Remove all privilege card promotion literature.                                      | Rating 12        | out by whom:         | needed             | Any Further action | Done |
|  |           |   |                 | Phones to be cleaned after each use where there is one phone per store and must be shared.                    |                  |                      |                    |                    |      |
|  |           |   |                 | Tills/PDQ equipment must be cleaned after each use by the individual user with the correct cleaning solution. |                  |                      |                    |                    |      |
| Staff Health and Staffing Levels   |           |   |                 |   |                  |                      |                    |                    |      |
| Higher rates of staff Sickness due to Covid-19 could result in reduced staffing levels.  | Staff     | The following safety arrangements should apply to staff health or staffing levels:  | 12              |   |                  |                      |                    |                    |      |
| Staff may get sick with coronavirus infection  |           | Staff who are considered extremely vulnerable or high-risk should not be expected to attend for work in the workplace.  |                 |   |                  |                      |                    |                    |      |
| People who have symptoms must<br>"self-isolate" at home for 7 days<br>from the start of symptoms to<br>prevent them from passing the<br>infection on and contributing to the<br>overload on the NHS  |           | Staff who are sick or self-<br>isolating should phone<br>immediately and inform<br>their line-manager; on no<br>account should they attend<br>for work            |                 |   |                  |                      |                    |                    |      |
| Those who live with others and where one person has symptoms must self-isolate as a household for 14 days from the day when the first person in the house became ill; if anyone else in the household starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period |           | Staff are informed that no<br>member of staff should<br>come to work if they are<br>self-isolating or if they have<br>COVID-19 symptoms or if<br>they feel unwell |                 |   |                  |                      |                    |                    |      |
| Those who are considered extremely vulnerable are advised to "shield" themselves at home   |           |   |                 |   |                  |                      |                    |                    |      |
| Cases of Possible Infection on Sit   | te        |   |                 |   |                  |                      |                    |                    |      |

| VV   |                 |  | Risk   |                          | Risk   | Action to be carried | When is the action |                    |      |
|--|-----------------|--|--------|--------------------------|--------|----------------------|--------------------|--------------------|------|
| Hazard and potential risks ris   | /ho is at<br>sk | Existing Controls  | Rating | Further Required Actions | Rating | out by whom:         | needed             | Any Further action | Done |
| People becoming unwell with Covid-<br>19 while on site or a symptomatic<br>person using a site creates a risk of<br>further transmission | taff            | If a member of staff<br>becomes unwell in the<br>workplace with coronavirus<br>symptoms (a new,<br>continuous cough or a high<br>temperature) they should<br>be sent home and advised<br>to follow Government<br>advice to self-isolate  | 12     |                          |        |                      |                    |                    |      |
|  |                 | The following actions should be taken within the workplace:  |        |                          |        |                      |                    |                    |      |
|  |                 | All surfaces that a symptomatic person has come into contact with must be cleaned and disinfected, especially objects visibly contaminated with body fluids and all potentially contaminated high-contact areas such as toilets  |        |                          |        |                      |                    |                    |      |
|  |                 | Public areas where a symptomatic individual has passed through and spent minimal time, such as corridors, but which are not visibly contaminated with body fluids, can be cleaned thoroughly as normal   |        |                          |        |                      |                    |                    |      |
|  |                 | Waste from cleaning of<br>areas where possible<br>cases have been (including<br>disposable cloths and<br>tissues) should be "double-<br>bagged" and tied off; it<br>should be placed in a<br>secure holding area for 72<br>hours before being<br>disposed of in general<br>waste |        |                          |        |                      |                    |                    |      |

|   | Who is at |  | Initial<br>Risk |                          | Residual<br>Risk | Action to be carried | When is the action |                    |      |
|---|-----------|--|-----------------|--------------------------|------------------|----------------------|--------------------|--------------------|------|
| Hazard and potential risks  | risk      | <b>Existing Controls</b>   | Rating          | Further Required Actions | Rating           | out by whom:         | needed             | Any Further action | Done |
| Covid-19 presents a greater risk to staff who may have pre-existing medical conditions.   | Staff     | The following safety and staff health arrangements should apply to staff who are classified as vulnerable (moderate risk) or extremely vulnerable (highrisk):  | 15              |                          |                  |                      |                    |                    |      |
| Those who are classified by PHE as being at greater risk from COVID 19 include people in the vulnerable (moderate risk) and extremely vulnerable (high risk) categories | ).        | Managers and human resources will identify and be aware of staff who fall into vulnerable and extremely vulnerable categories so they can ensure that they are given adequate protection and support to enable them to comply with government health recommendations |                 |                          |                  |                      |                    |                    |      |
| Vulnerable (moderate risk) people include those who:  |           | No member of staff in the extremely vulnerable "high-risk" category will be expected to come to work during the pandemic crisis or during recovery from the lockdown; these staff should be advised to follow Government medical advice and stay at home             |                 |                          |                  |                      |                    |                    |      |
| 1) are 70 or older  |           | Extremely vulnerable "high-<br>risk" staff will be offered<br>furlough arrangements for<br>as long as possible.  |                 |                          |                  |                      |                    |                    |      |
| 2) are pregnant   |           | Staff in the vulnerable<br>"moderate risk" category<br>will be considered on a<br>case by case basis   |                 |                          |                  |                      |                    |                    |      |
| 3) have a lung condition such as asthma, COPD, emphysema, or bronchitis (not severe)  |           | Staff in the vulnerable<br>"moderate risk" category<br>who cannot work from<br>home and wish to return to<br>work will be offered<br>additional protection where<br>possible so that they can<br>achieve effective social<br>distancing                              |                 |                          |                  |                      |                    |                    |      |

|                                      | Who is at      |                             | Initial<br>Risk |                          | Residual<br>Risk | Action to be carried | When is the action |                    |      |
|--------------------------------------|----------------|-----------------------------|-----------------|--------------------------|------------------|----------------------|--------------------|--------------------|------|
| Hazard and potential risks           | risk           | Existing Controls           | Rating          | Further Required Actions | Rating           | out by whom:         | needed             | Any Further action | Done |
|                                      |                | Managers will stay in touch |                 |                          |                  |                      |                    |                    |      |
|                                      |                | with vulnerable or          |                 |                          |                  |                      |                    |                    |      |
| 4) have heart disease, diabetes,     |                | extremely vulnerable staff  |                 |                          |                  |                      |                    |                    |      |
| chronic kidney disease or liver      |                | who are staying at home by  |                 |                          |                  |                      |                    |                    |      |
| disease (such as hepatitis)          |                | phone to ensure they are    |                 |                          |                  |                      |                    |                    |      |
| allocato (casil ao ilopalillo)       |                | well and to prevent them    |                 |                          |                  |                      |                    |                    |      |
|                                      |                | from feeling isolated       |                 |                          |                  |                      |                    |                    |      |
| 5) are taking medicine that can      |                | Trom rooming roomated       |                 |                          |                  |                      |                    |                    |      |
| affect the immune system (such as    |                |                             |                 |                          |                  |                      |                    |                    |      |
| low doses of steroids) or            |                |                             |                 |                          |                  |                      |                    |                    |      |
| Extremely vulnerable (high risk) p   | neonle inclu   | de those who:               |                 |                          |                  |                      |                    |                    |      |
| 1) have had an organ transplant      | people iliciui | ue tilose wilo.             |                 |                          |                  |                      |                    |                    |      |
|                                      |                |                             |                 |                          |                  |                      |                    |                    |      |
| 2) are having chemotherapy for       |                |                             |                 |                          |                  |                      |                    |                    |      |
| cancer, including immunotherapy      |                |                             |                 |                          |                  |                      |                    |                    |      |
| 3) are having an intense course of   |                |                             |                 |                          |                  |                      |                    |                    |      |
| radiotherapy for lung cancer         |                |                             |                 |                          |                  |                      |                    |                    |      |
| 4) have a severe lung condition      |                |                             |                 |                          |                  |                      |                    |                    |      |
| (such as severe asthma or severe     |                |                             |                 |                          |                  |                      |                    |                    |      |
| COPD)                                |                |                             |                 |                          |                  |                      |                    |                    |      |
| 5) are taking medicine that makes    |                |                             |                 |                          |                  |                      |                    |                    |      |
| them much more likely to get         |                |                             |                 |                          |                  |                      |                    |                    |      |
| infections (such as high doses of    |                |                             |                 |                          |                  |                      |                    |                    |      |
| steroids)                            |                |                             |                 |                          |                  |                      |                    |                    |      |
| 6) have a serious heart condition    |                |                             |                 |                          |                  |                      |                    |                    |      |
| and are pregnant                     |                |                             |                 |                          |                  |                      |                    |                    |      |
| The following PHE advice applies:    |                |                             |                 |                          |                  |                      |                    |                    |      |
| those in the "high risk" (extremely  |                |                             |                 |                          |                  |                      |                    |                    |      |
| vulnerable) category are subject to  |                |                             |                 |                          |                  |                      |                    |                    |      |
| special "shielding" arrangements;    |                |                             |                 |                          |                  |                      |                    |                    |      |
| they are advised to self-isolate and |                |                             |                 |                          |                  |                      |                    |                    |      |
| not leave home for any reason for    |                |                             |                 |                          |                  |                      |                    |                    |      |
| at least 12 weeks                    |                |                             |                 |                          |                  |                      |                    |                    |      |
| at least 12 weeks                    |                |                             |                 |                          |                  |                      |                    |                    |      |
| Those in the "moderate risk"         |                |                             |                 |                          |                  |                      |                    |                    |      |
| (vulnerable) category are advised to | )              |                             |                 |                          |                  |                      |                    |                    |      |
| stay at home as much as possible;    |                |                             |                 |                          |                  |                      |                    |                    |      |
| they can go to work if they cannot   |                |                             |                 |                          |                  |                      |                    |                    |      |
| work from home                       |                |                             |                 |                          |                  |                      |                    |                    |      |
| B 1 : 1 : 1 : 1 : 1                  |                |                             |                 |                          |                  |                      |                    |                    |      |
| People in both categories are        |                |                             |                 |                          |                  |                      |                    |                    |      |
| advised by the Government to be      |                |                             |                 |                          |                  |                      |                    |                    |      |
| particularly stringent in complying  |                |                             |                 |                          |                  |                      |                    |                    |      |
| with social distancing requirements  |                |                             |                 |                          |                  |                      |                    |                    |      |
| Pregnant women are included in the   | 9              |                             |                 |                          |                  |                      |                    |                    |      |
| "moderate risk" category as a        | -              |                             |                 |                          |                  |                      |                    |                    |      |
| precaution but are not considered    |                |                             |                 |                          |                  |                      |                    |                    |      |
| by PHE to be more likely to get      |                |                             |                 |                          |                  |                      |                    |                    |      |
| seriously ill from COVID-19          |                |                             |                 |                          |                  |                      |                    |                    |      |
| Schodaly III Holli COVID-18          |                |                             |                 |                          |                  |                      |                    |                    |      |