

COVID-19 Update for UK Employees | 09/10/2020

Flu Jabs Still Available

There are still a number of slots available to have a flu jab at certain CEMEX locations across the country. Please do book to have the vaccine if you haven't already, and highlight to members of your team. We would also like to open these slots up to permanent external contractors too – please share with any relevant people you work with.

Date	Location	Remaining	Link to book
12-Oct	Dove Holes	18	https://bit.ly/2FD5ijw
12-Oct	Rugby Plant	36	https://bit.ly/33y9qd1
12-Oct	Stockton	16	https://bit.ly/3iBghsd
13-Oct	Rugby Plant	46	https://bit.ly/35FSWSL
13-Oct	Northfleet	21	https://bit.ly/3mrlDgX
14-Oct	Preston Brook	0	N/A
16-Oct	Rugby Office	0	N/A

When do I need to self-isolate?

As COVID cases across the UK continue to increase, the situations when self-isolation is required can be complex and confusing. We wanted to share the below summary table, which provides a helpful guide to when you should quarantine. Thank you to Mary-Ann Macinnes Collins for highlighting this to the RRT.

Situation	Isolate?
1. I have tested positive for COVID-19	YES (for 10 days, +48hr after temperature resolves)
2. I have developed symptoms and not tested yet	YES (until you test negative. If the test is positive, see above)
3. I have been told I am a close contact of a case	YES (for 14 days, unless you develop symptoms and test positive, then see above)
4. A household member has developed symptoms and has not tested yet	YES (until they test negative, if test is positive isolate for 14 days)
5. A household member has been told to isolate as a close contact	NO (be vigilant, if they start to feel unwell, you will need to isolate until they test and it is negative)
6. I visited someone, within 2m, who has now been told to isolate as a close contact	NO (the person was not symptomatic. If within 48 hours of the visit they develop symptoms and test positive, follow number 3)
7. I am a close contact of someone who tested positive. I've got tested, however I was negative	YES (for 14 days, unless you develop symptoms and test positive, then see above)
8. My nan is unwell and I saw her two days ago	MAYBE (need to check if the nan had COVID-19 symptoms, a positive test result and whether they were a close contact. If none of these then no. If they test positive then follow number 3.)

As Easy as 1...2...3...4!

We have created a series of posters to act as a simple yet effective reminder of the four key behaviours we should all be following to prevent the spread of Coronavirus. These feature different leaders from the business; please choose the one which best suits your site and display. You can access the posters [here](#).

