



Masked Heroes

at home & at work

Thursday 26 November 2020

Welcome to the latest publication from the UK's Rapid Response Team. **Masked Heroes** will be a regular collection of testimonials from those around the business who have been personally impacted by Coronavirus.

For this first edition, we hear from Marcus Hollingworth, who is based in Rugby. Marcus and his family recently recovered from Coronavirus, and he has kindly agreed to share his story below.



“On Wednesday 7th October I started to feel as if I was going to be ill – if that makes sense. By the time I went to bed that night my joints were aching and I took some ibuprofen. During the night I had a fever and was aching all over.

By the morning I felt a lot better and got up and carried on. However, by the afternoon I had started to get the aching joint pain coming back, which was when I started thinking about the possibility that I had Coronavirus. I had a look at testing in Rugby and booked one for later that afternoon. I then received my positive result on the 10th October.

“Although I was working from home, my wife Jo and daughter Faye had returned to school; Jo is a teaching assistant and Faye is in 6th form. After I received a positive result, they were tested and were positive too. **I'm sure that I caught it from my daughter who was asymptomatic.**

“Much like the flu, the symptoms were a lot worse at night but the Friday night was pretty bad, I spent the whole night and all day Saturday in bed fully clothed, shivering with aching joints. By Sunday morning I felt a lot better as if I had sweated it out. In normal times I wouldn't have given these symptoms a second thought really as they were no different to regular flu. I had about a week after that where I felt really exhausted, but since I was isolating I didn't have anywhere to go anyway – I just slept really well at night!

“After a week or so I started feeling much better and was looking forward to the end of the 14 days isolation so that I could get out for walk or go to the supermarket. About four days before the end of isolation I woke up to find I had no taste or smell which was really strange. Luckily this only lasted for a couple of days and since then I've been fine.

“The scary part of this for my family is that Jo had been shielding since March as she'd been identified as extremely vulnerable to the risk of serious illness from the virus. **We were taking the rules incredibly seriously and even after the first lockdown rules were eased we never went out anywhere other than for exercise or for me to go and get the shopping.** Luckily the only symptoms Jo got was a cough which lasted for a couple of weeks, and we have all now fully recovered.



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“Since recovering from the virus, I have donated convalescent plasma to be used in treating those who are seriously ill with the virus.

“If you have had coronavirus, you can find more information on donating your blood plasma here <https://www.nhsbt.nhs.uk/how-you-can-help/convalescent-plasma-clinical-trial/>

“I think it is extremely important to protect the most vulnerable people in our society. The importance and value of being able to continue to work safely where possible cannot be underestimated not only in terms of the economy but also for everyone’s mental wellbeing.”

Thank you, Marcus, for sharing your story with us – we are very pleased that you and your family have made a full recovery.

We ask all our UK employees to remember the Four Behaviours that Save Lives both at work and in their personal lives. Please be extra cautious with control measures and get at test at the earliest sign you feel ill with any related symptoms – remember that the symptoms can be very varied and similar to a regular cold or flu.

Continue to play your part to protect yourselves and others around you; remember:

1. Identify Symptoms and inform
2. Personal Hygiene
3. Physical Distance
4. Protect yourself and others



BEHAVIOURS THAT SAVE LIVES