



Masked Heroes

at home & at work

Thursday 10 December 2020

Welcome to the latest edition of **Masked Heroes**, a regular collection of testimonials from those around the business who have been personally impacted by Coronavirus.

This time, we hear from Paul Dale, who works at the Springetts Coating Plant in Stoke-on-Trent. Paul recently recovered from Coronavirus, and he has kindly agreed to share his story below.

"I caught Coronavirus early in November. My wife had it before I did, so when I started feeling symptoms I knew I probably had it too. She works in a school and quite a few staff there had caught the virus, you could really see how it had spread through a group of people. In our family, my wife had it, then my oldest daughter, then two days later I had it.



"After a sleepless, feverish night I went for a test first thing in the morning, which came back positive. I had a cough, body aches and a headache but one of the worst symptoms for me was pain in my eyes – they really hurt when I moved. I also felt very lethargic and my sense of taste went. The symptoms were most severe for about three days, and then after five days I started to feel better. My eyes hurt throughout, so it was only when that pain stopped I knew I had recovered.

"My daughter had it the worst, and we were very worried about her as she suffered from childhood asthma. She coughed constantly for four days before we saw any improvement and we were concerned about how it would develop.

"While the isolation period felt a huge amount of time at the start, I really needed that time to recover, particularly when I felt so lethargic. My colleagues and neighbours were very supportive though and my manager Les Luxon checked in on me every day, which I really appreciated – it was great to have contact with the outside world! You take a lot for granted and then suddenly when you can't leave your home for anything it does feel a long day!

"We've now all fully recovered, although I've definitely noticed the impact it has had on my health. I've always been physically fit and do a lot of cycling; the first few rides after I had the virus I felt breathless and was panting, although this is improving now.

"My advice to anyone who thinks they might have symptoms is to isolate and take a test as soon as you can; it's vital that we think of others and minimise the spread of the virus. The second wave has brought the pandemic much closer to home for us; not only did we have it, but we have heard of a number of other people having it too. It affects everyone differently so we must take it seriously."

Les, Paul's line manager added: "For us, one of the biggest learning points was the importance of



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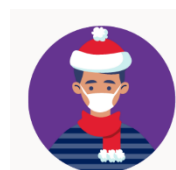
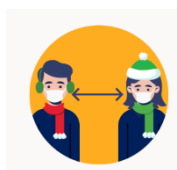
communication. Paul alerted me straightaway when he began to feel ill and we put a plan in place immediately. This took away the risk and protected Paul and his family, as well as the staff at Springetts coating plant; minimising the risk of spread of infection without disrupting the business.”

Thank you, Paul, for sharing your story with us and we are pleased you have recovered.

As we approach the Christmas break, please remember to continue to follow the Four Behaviours that Save Lives, as well as the specific lockdown measures for your area.

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

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



BEHAVIOURS THAT SAVE LIVES