

## COVID-19 - What to do if you have symptoms

### Symptoms of COVID-19

1. High temperature
2. New, continuous cough – this means coughing for a lot more than an hour, or 3 or more coughing episodes in 24 hours
3. Loss or change to your sense of smell or taste

In the event you develop symptoms of COVID-19, please immediately self-isolate and contact your branch.

You should arrange an appointment for an antigen test as soon as possible by following the below link.

<https://www.gov.uk/get-coronavirus-test>

OR by calling 119

OR If you would like the Company to refer you for test, please email [ssp@servoca.com](mailto:ssp@servoca.com) with your name and mobile phone number.

You must self-isolate until you receive the results of your test.

### What to do if you test positive for COVID-19

If you test positive for COVID-19, you must self-isolate for **10 days** from the first day you had symptoms. You may be eligible to receive SSP whilst you are in isolation.

Your branch will contact you towards the end of your isolation period to check on your wellbeing and whether you are fit to return to work.

If your temperature is still high after the initial 10-day isolation period, you must continue to self-isolate and seek medical advice.

If you require more information regarding self-isolating, please follow the below link:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#ending-isolation>