

## NEDDC Employee Wellbeing Update – 14 May 2020

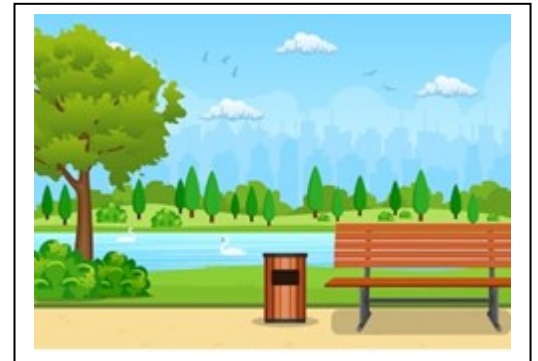
### Steps we can all take to help?

- If you go out, stay 2 metres (6ft) away from others at all times
- Limit contact with others as much as possible
- Wash your hands regularly

### Today's Theme: Government Updates

There will be a limited number of things you can do from Wednesday 13<sup>th</sup> May that you could not do before:

- Spend time outdoors – for example sitting and enjoying the fresh air, picnicking, or sunbathing
- Meet one other person from a different household outdoors - following social distancing guidelines
- Exercise outdoors as often as you wish - following social distancing guidelines
- Use outdoor sports courts or facilities, such as a tennis or basketball court, or golf course – with members of your household, or one other person while staying 2 metres apart
- Go to a garden centre



### Staying safe outside your home:

- Keep your distance from people outside your household
- Keep your hands and face as clean as possible
- Work from home if you can
- Avoid being face-to-face with people if they are outside your household
- Reduce the number of people you spend time with in a work setting
- Avoid crowds
- If you have to travel (e.g. to work or school), think about how and when you travel
- Wash your clothes regularly
- Keep indoor places well ventilated
- When at work, follow the advice given to you by your employer

### For more information:

- <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>
- <https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>
- <https://www.gov.uk/government/publications/our-plan-to-rebuild-the-uk-governments-covid-19-recovery-strategy/our-plan-to-rebuild-the-uk-governments-covid-19-recovery-strategy>

### More Information on Health & Wellbeing?

Please contact your manager or the HR Team on ext. 7677 and guidance is available in the Coronavirus Toolkit on the Extranet pages or S Drive HR & Payroll public folder.