



National Sheep Association

Covid-19 guidance notes for the jobs and work experience list

We strongly advise whether you are in employer or someone looking for work that you stay to date with current government guidance, especially with differences between England, Wales and Scotland coming into force.

COVID-19: guidance for employees, employers and businesses:

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

You can also access advice on statutory sick pay packages, business rates, grant funding at varying levels, the Business Interruption Loan Scheme, and HMRC schemes including VAT deferral through the government website.

We also recommend you look at the NHS website for further clarification.

From NHS website (14th May 2020):

<https://www.nhs.uk/conditions/coronavirus-covid-19/what-to-do-if-you-or-someone-you-live-with-has-coronavirus-symptoms/>

How long to self-isolate:

If you have symptoms

If you have symptoms of coronavirus, self-isolate for 7 days.

After 7 days:

- if you do not have a high temperature, you can stop self-isolating
- if you still have a high temperature, keep self-isolating until your temperature returns to normal

You do not need to keep self-isolating if you just have a cough after 7 days. A cough can last for weeks after the infection has gone.

If you live with someone who has symptoms

If you live with someone who has symptoms, self-isolate for 14 days from the day their symptoms started.

This is because it can take 14 days for symptoms to appear.

If more than 1 person at home has symptoms, self-isolate for 14 days from the day the first person started having symptoms.

- If you get symptoms while self-isolating – you should self-isolate for 7 days from when your symptoms started, even if it means you're self-isolating for longer than 14 days.
- If you do not get symptoms while self-isolating – you can stop self-isolating after 14 days.

Understandably this could be difficult but NSA urges members wherever possible to follow this guidance for the safety of their own and others physical health.

It is important to remind all working on farm to follow guidance to regularly wash their hands and not to touch their face wherever possible.

Do please contact us at enquiries@nationalsheep.org.uk if you are unsure of anything and we will be able to signpost you in the right direction.

If you are experiencing heightened levels of stress or anxiety due to the current Covid19 situation or for other reasons, NSA reminds everyone to reach out to those offering support at this difficult time. The Farming Community Network offers confidential support 24 hours a day. Contact them on 03000 111 999 or email help@fcn.org.uk



14th May 2020