

Further to the outbreak of novel coronavirus (COVID19), Tullos Training Ltd is currently monitoring the situation very closely and are following NHS Scotland and the Government advice.

There is currently no cause for concern at the training centre, but we are following the general advice about the infection and prevention and continue to promote good hygiene procedures.

For those apprentices that attend the centre, please follow the Government guidance below:

Returning Travellers

Stay indoors and do not attend the training centre if you have travelled to the UK from Category 1 or Category 2 areas listed on the Government Website (this is updated on a regular basis):

<https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas/covid-19-specified-countries-and-areas-with-implications-for-returning-travellers-or-visitors-arriving-in-the-uk>

Use the NHS 111 online coronavirus service to find out what you are required to do next. This can be found at:

<https://111.nhs.uk/covid-19>

Attending the Centre

Whilst in the centre, please take the following precautions to reduce the risk of catching and spreading infections like Coronavirus:

- avoiding direct hand contact with your eyes, nose and mouth
- maintaining good hand hygiene - washing hands with soap and water or alcohol hand sanitiser before eating and drinking, and after coughing, sneezing and going to the toilet. Sanitiser has been placed at various locations around the training centre.
- avoiding direct contact with people that have a respiratory illness and avoiding using their personal items such as their mobile phone
- covering your nose and mouth when coughing or sneezing with disposable tissues and disposing of them in the nearest waste bin after use

If you have been to an affected place, had contact with someone diagnosed with Coronavirus **OR** have any of these symptoms:

Cough

Fever

Shortness of Breath

Flu symptoms

DO NOT COME TO THE CENTRE – seek advice from the websites listed above and contact our reception desk on 01224 872316 if you are unsure and want further assistance