



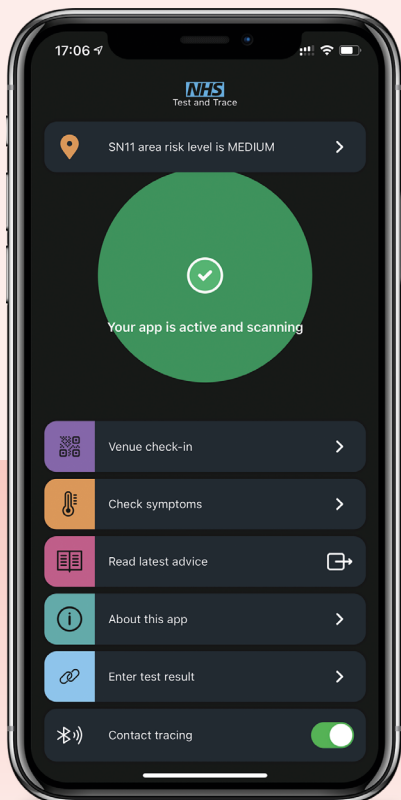
## NHS Track and Trace

**Coronavirus is continuing its spread across the UK. After falling from the April 2020 peak, confirmed new coronavirus cases in the UK have been rising again steadily since July and the UK's daily reported cases are now higher than the spring peak. However, the official number of cases during the peak may have underestimated the true level of infection at the time as widespread testing was not available until mid-May.**

The rising number of confirmed cases has prompted tighter restrictions on social activity to be brought in across the UK and people have also been told to work from home if they can.

### Track and Trace

The NHS has released a Covid-19 contact tracing app for England and Wales which is the fastest way of knowing when you're at risk from coronavirus (Covid-19). The quicker you know, the quicker you can alert your colleagues and your community. The more people that use the app, the better we can control coronavirus.



### How does it work?

The app runs on proven software developed by Apple and Google, designed with several key features:

- **Trace:** find out when you've been near other app users who have tested positive for coronavirus.
- **Alert:** lets you know the level of coronavirus risk in your postcode district.
- **Check-in:** get alerted if you've visited a venue where you may have come into contact with coronavirus, using a simple QR code scanner. No more form filling.
- **Symptoms:** check if you have coronavirus symptoms and see if you need to order a test.
- **Test:** helps you order a test if you need to.
- **Isolate:** keep track of your self-isolation countdown and access relevant advice.

### What happens if a worker develops symptoms and orders a test?

If a worker develops symptoms, they should **request a free test<sup>1</sup>** as soon as their symptoms start.

Once they have ordered the test, they'll be asked by the NHS Test and Trace service to provide details of anyone who they have been in recent close contact with. This will not automatically be all their co-workers, but anyone who meets the definition of a close contact.

A close 'contact' is a person who has been close to someone who has tested positive for Covid-19 anytime from two days before the person was symptomatic up to seven days from onset of symptoms (*this is when they are infectious to others*). This could be a person who:

- Spends significant time in the same household;
- Is a sexual partner;
- Has had face-to-face contact (*within one metre*), including:
  - Being coughed on;
  - Having skin-to-skin physical contact; or
  - Contact within one metre for one minute.
- Has been within two metres of someone who has tested positive for Covid-19 for more than 15 minutes;
- Has travelled in the same vehicle.

Where an interaction between two people has taken place through a Perspex (or equivalent) screen, this would not be considered sufficient contact, provided that there has been no other contact such as any of those indicated on page 1.



### Please note

*The contact tracers will not consider the wearing of personal protective equipment (PPE) as a mitigation when assessing whether a recent contact is likely to have risked transmitting the virus.*

## Alerting close contacts

When someone first develops symptoms and orders a test, they will be encouraged to alert the people that they have had close contact within the 48 hours before the onset of the symptoms. If any of those close contacts are co-workers, the person who has developed symptoms should ask their employer to alert those co-workers.

Close contacts at this stage do not need to self-isolate unless requested to do so by NHS Test and Trace or a public health professional, but they should:

- Avoid contact with people at high increased risk of severe illness from coronavirus, such as people with pre-existing medical conditions.
- Take extra care in practising social distancing and good hygiene.
- Watch out for symptoms and self-isolate if they also show signs of coronavirus.

Employers will need to keep staff informed about Covid-19 cases among their colleagues, however, employers should not name the individual. If a co-worker is at risk because of close contact with the positive case, then they will be notified to self-isolate by the NHS Test and Trace service. Employers should make sure their workplaces are safe by regular cleaning and by encouraging good hygiene practice.

## Working Safely during Covid-19

To mitigate against the risk of Covid-19 it is critical that everybody in the workplace observes the following key behaviours:

- **HANDS**—Wash your hands regularly and for at least 20 seconds.
- **FACE**—Cover your face in enclosed spaces, especially where social distancing may be difficult and where you will come into contact with people you do not normally meet.
- **SPACE**—Stay two metres apart where possible, or one metre with extra precautions in place.

## Practical training sessions

Construction should continue to follow and work inline with the recommendations set out in the Site Operating Procedures (**SOP v5<sup>2</sup>**) including 'one metre plus' social distancing guidelines, is still to be followed. The NFRC updated Guidance Note 14: Working During the Coronavirus Outbreak (**GN14<sup>3</sup>**) which should be the go-to guidance for safe roof work during a second wave.



### Further information

- <sup>1</sup> **Coronavirus test request:**  
[www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/](http://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/)
- <sup>2</sup> **Site Operating Procedures:**  
[www.constructionleadershipcouncil.co.uk/wp-content/uploads/2020/07/Site-Operating-Procedures-Version-5.pdf](http://www.constructionleadershipcouncil.co.uk/wp-content/uploads/2020/07/Site-Operating-Procedures-Version-5.pdf)
- <sup>3</sup> **NFRC Guidance Note 14:**  
[www.nfrc.co.uk/docs/default-source/publications/member-technical/nfrc-guidance-note-14-\(covid-19\)--working-during-the-coronavirus-outbreak.pdf](http://www.nfrc.co.uk/docs/default-source/publications/member-technical/nfrc-guidance-note-14-(covid-19)--working-during-the-coronavirus-outbreak.pdf)

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