

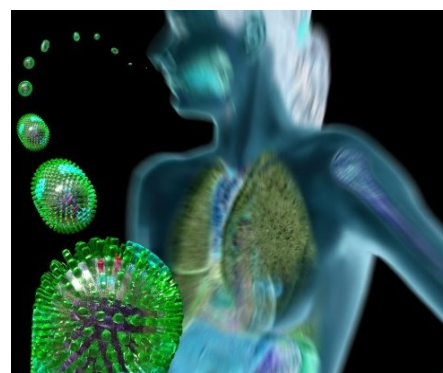
Virus Alert

Attention: All staff of the MVB Lee Tunnel Project

During the past two weeks there has been an increase in the incidence of staff becoming ill due to viruses which affect the Stomach causing severe Diarrhoea and Vomiting. If you have the following symptoms I would advise you to stay home until you are fully recovered to prevent the spread of infection.

Symptoms:

- Sudden onset of nausea.
- Projectile vomiting and watery diarrhoea.
- A raised temperature.
- Headaches
- Stomach Cramps
- Aching Limbs



The above symptoms last from 12 to 60 hours, most people make a full recovery within two to three days.

Actions:

Every effort is currently being made to undertake a deep clean of all the shared facilities e.g. Kitchen and toilets etc.

All Staff can be proactive to prevent the spread of infection by the following:

- Undertake good personal hygiene
- Make full use of the cleaning products in the main office to clean keyboards and phones. – See Rachel Forsyth
- Use the hand cleansing gels when needed.
- Avoid coming to work if you feel unwell with the above.

Thank you for your assistance in this matter.

Mark Randle Health & Safety Manager

If you require any further advice please do not hesitate to speak to **Neil Poole**