

Issue No4: COVID-19 (Coronavirus):

Key points from last night's daily Government Brief

1. The government has reiterated its confidence that we can turn the tide on the virus in 12 weeks as long as we stick together and follow the advice.
2. All bars, clubs, restaurants, theatres, gyms and leisure centres are closed to aid in the achievement of social distancing.
3. UK government states that with these new steps in place and if everybody carries on listening to and abiding with the advice then we will get through this much sooner and save many thousands of lives.

What does this mean for us at Acumen

Again, to really defeat this virus we must maintain our enthusiasm and commitment to the advice set out by the government at work and at home. We must carry on limiting staff at offices and maintain as best possible our social distancing. It is essential in any time of difficulty to look out for one another and come together as one to achieve the ultimate goal.

Below is some advice from the HSE website for people working from home.

Working from home

Working with display screen equipment.

There are some simple steps you can take to reduce the risks from display screen work:

- breaking up long spells of DSE work with rest breaks (at least 5 minutes every hour) or changes in activity
- avoiding awkward, static postures by regularly changing position
- getting up and moving or doing stretching exercises
- avoiding eye fatigue by changing focus or blinking from time to time

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Stress and mental health

- Home working can cause work-related stress and affect people's mental health.
- Being away from managers and colleagues could make it difficult to get proper support.
- Keep in contact with managers and colleagues, a two-minute chat can make all the difference.

For further information and self-isolation advice, visit:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>