

WORKING SAFELY

Everyone is exposed to a certain degree of risk from coronavirus, even if they consider themselves to be healthy. This depends on many factors, such as where you live, the people in your household and the type of work you do. Absolute safety can never be guaranteed, but employers must take precautions to protect you at work.

1

COVID-SECURE WORKING

Your workplace should be COVID-secure – this means your employer should take all steps they reasonably can to keep you safe. There is specific [government guidance](#) for different sectors and businesses about what COVID-secure means for them.

2

REASONABLE ADJUSTMENTS

If you are at increased risk of severe illness from coronavirus, your employer must include this on their [risk assessment](#) and should offer you the safest available roles – which may mean working from home. Talk to your employer about making reasonable adjustments, such as reducing customer contact. [Access to Work](#) may cover extra costs to support you in work.

3

FEELING SAFE AT WORK

Try to work together with your employer to find solutions and refer them to the relevant [government guidance](#). If you still feel they are not taking enough steps to protect you, you can report them to your employee representative or trade union, [your local authority](#), the [Health and Safety Executive](#) or equivalent.

4

DISCRIMINATION OR UNFAIR TREATMENT

Employees are protected by law against unfair treatment and dismissal, if it's because of a health condition that's considered a disability under the [Equality Act](#) – this may include some people with Crohn's or Colitis. It could be unlawful discrimination if an employer unreasonably forces you to go to work, or unreasonably disciplines you for not going to work.

5

ACCESS SUPPORT

If you're struggling with your mental health or you're worried about issues at work, you don't have to go through it alone. See our [information on mental wellbeing](#), and for tips on taking care of your mental health at work, see [Mind](#). For advice on employment rights and resolving issues at work, see [Acas](#).

WE'RE HERE FOR YOU

For more information on coronavirus and living well with Crohn's and Colitis please contact us:

 [CROHNSANDCOLITIS.ORG.UK](https://www.crohnsandcolitis.org.uk)

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For inspiration and tools to empower you to talk to others about your condition visit:

 [ITTAKESGUTS.ORG.UK](https://www.ittakesguts.org.uk)