



Stay safe. Protect each other.

Continue to:



Wash

your hands well
and often to avoid
contamination.



Cover

your mouth and nose
with a tissue or sleeve
when coughing or
sneezing and discard
used tissue safely



Distance

yourself at least
2 metres (6 feet) away
from other people,
especially those who
might be unwell



Avoid

crowds and
crowded places



Know

the symptoms. If you
have them self isolate
and contact your GP
immediately

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > sudden loss of sense of smell or taste
- > flu-like symptoms

#holdfirm