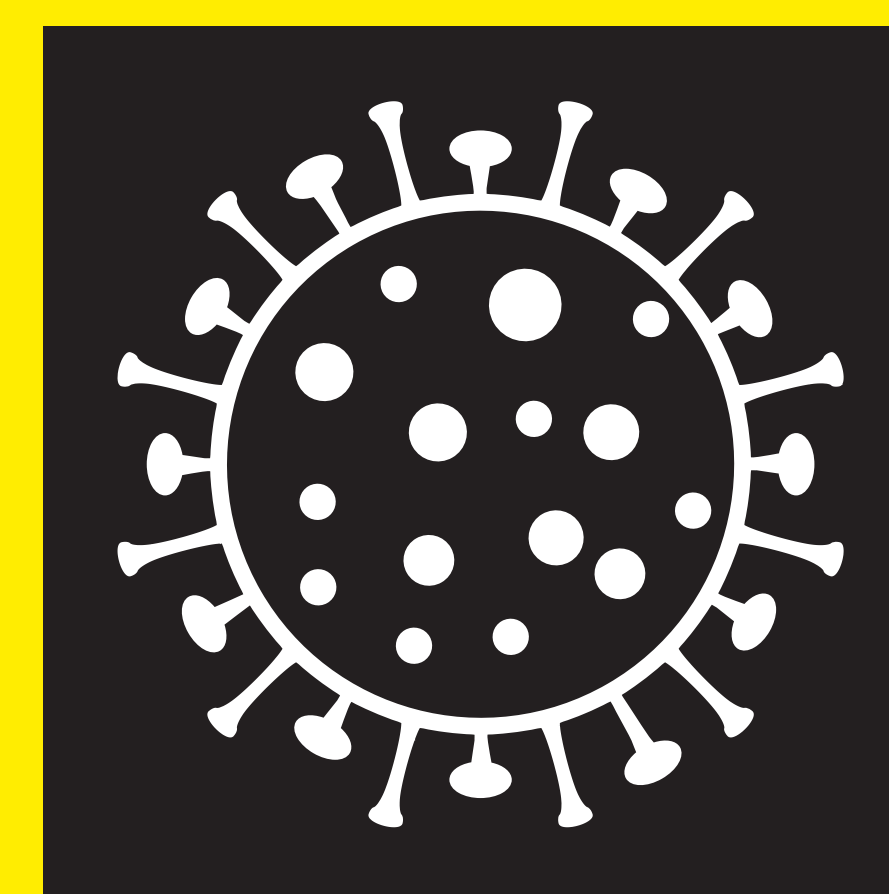


# Coronavirus **COVID-19**



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Stay safe guidelines **at home.**



### **Wash**

your hands for at least 20 seconds when you come in



### **Stay**

at home as much as you can



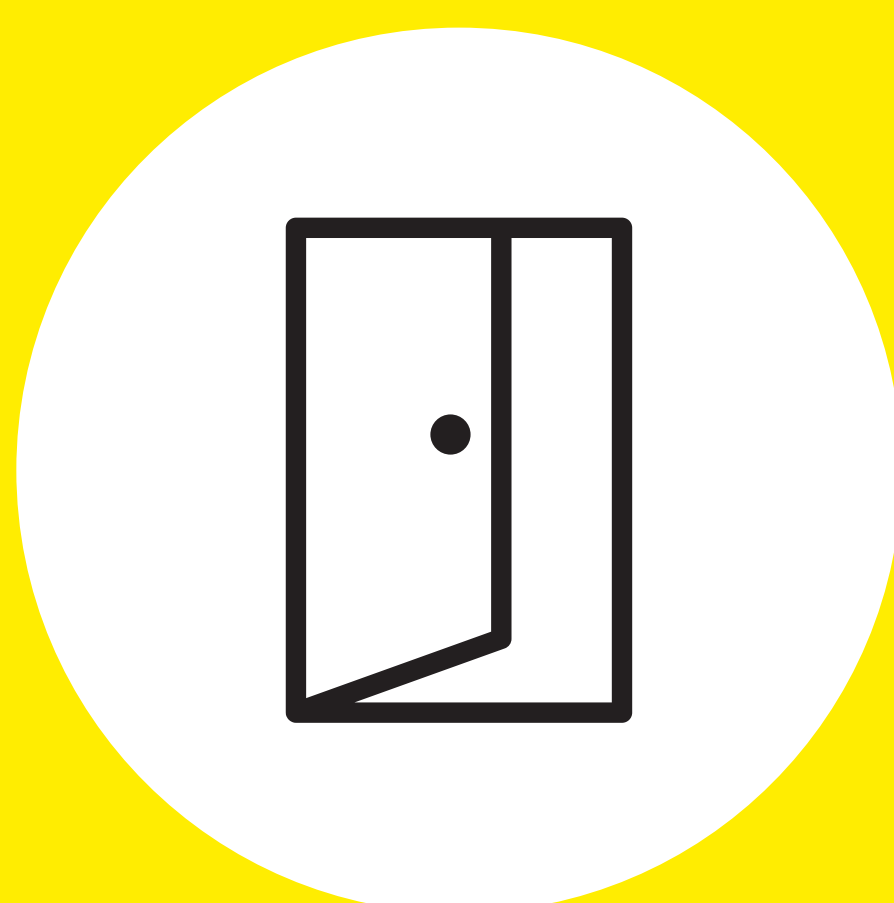
### **Minimise**

the number of people in your social network



### **Limit**

the number of people you invite into your home



### **Open**

windows and doors for ventilation



### **Clean**

and disinfect surfaces regularly



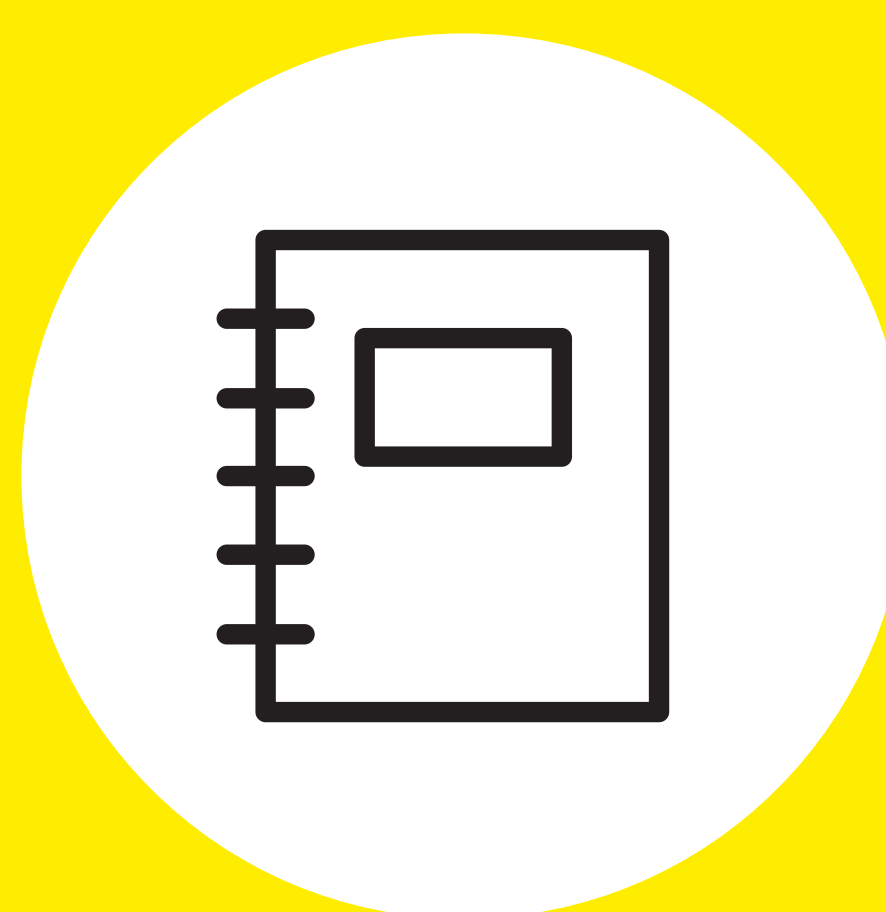
### **Practice**

good cough /sneeze hygiene. Use your elbow or a tissue



### **Know**

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



### **Keep**

a log of who you meet each day

### **COVID-19 symptoms include**

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

## #holdfirm