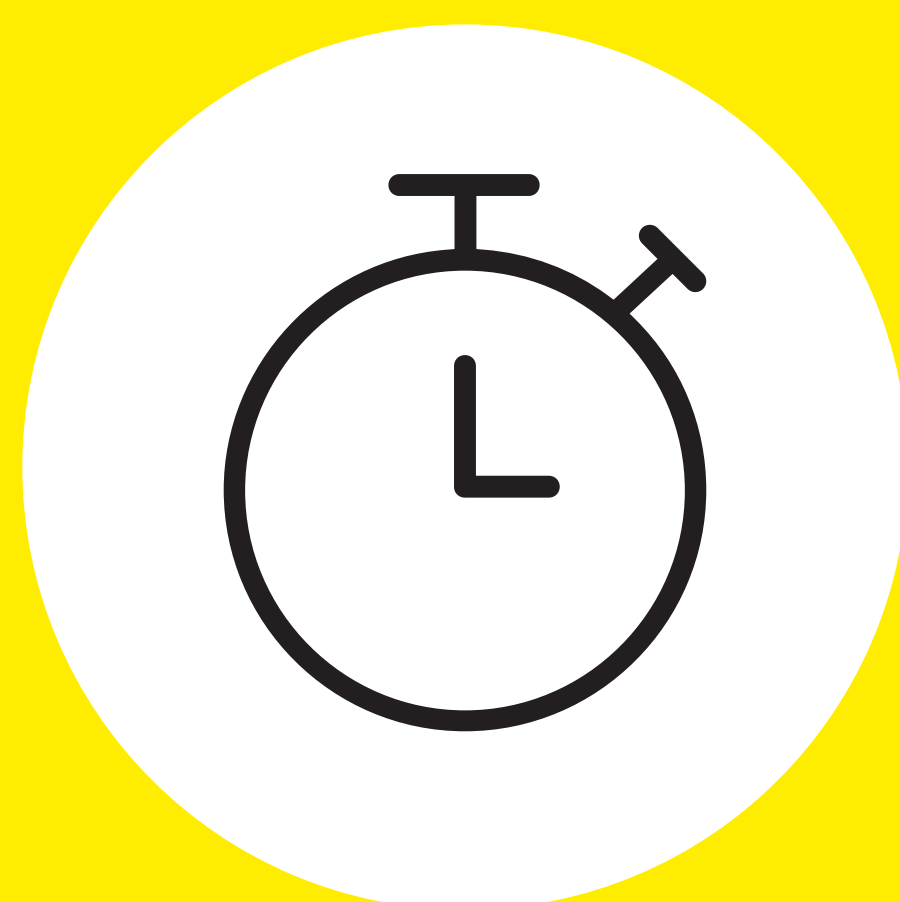


## Stay safe guidelines at indoor gatherings.



### Know

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



### Avoid

indoor gatherings as much as possible - and keep as short as you can



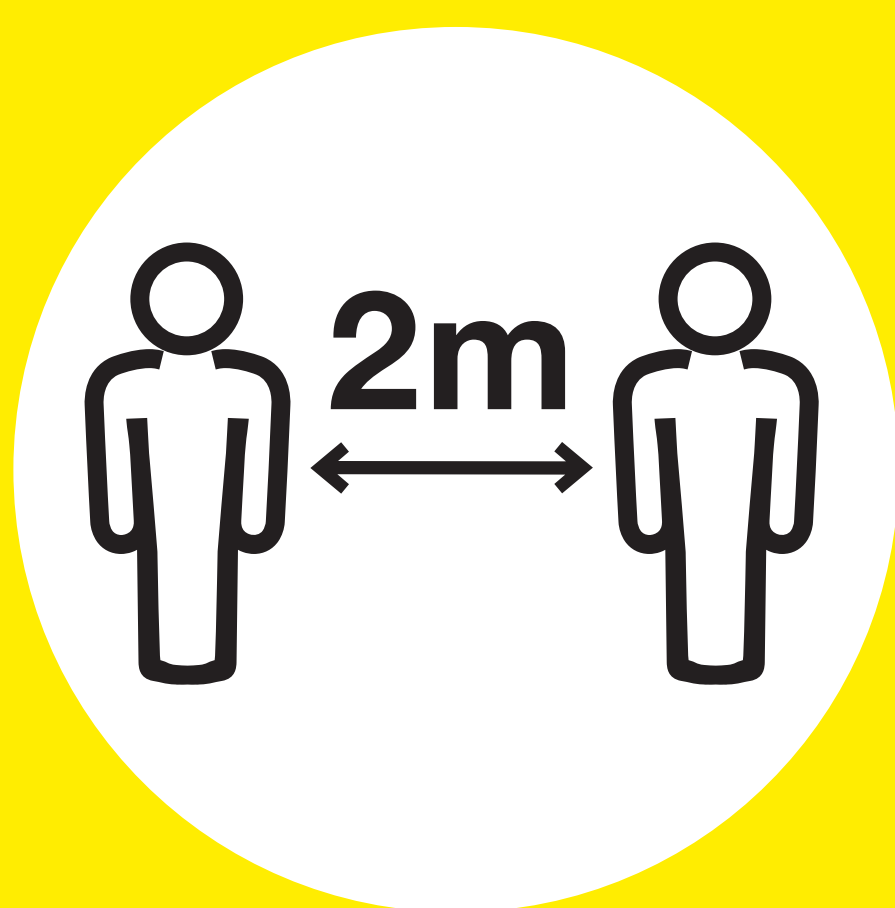
### Wash

your hands for at least 20 seconds when you arrive



### Don't

share anything like glasses or cups



### Stay

2m away from others



### Wear

a face covering \*



### Don't

touch your face



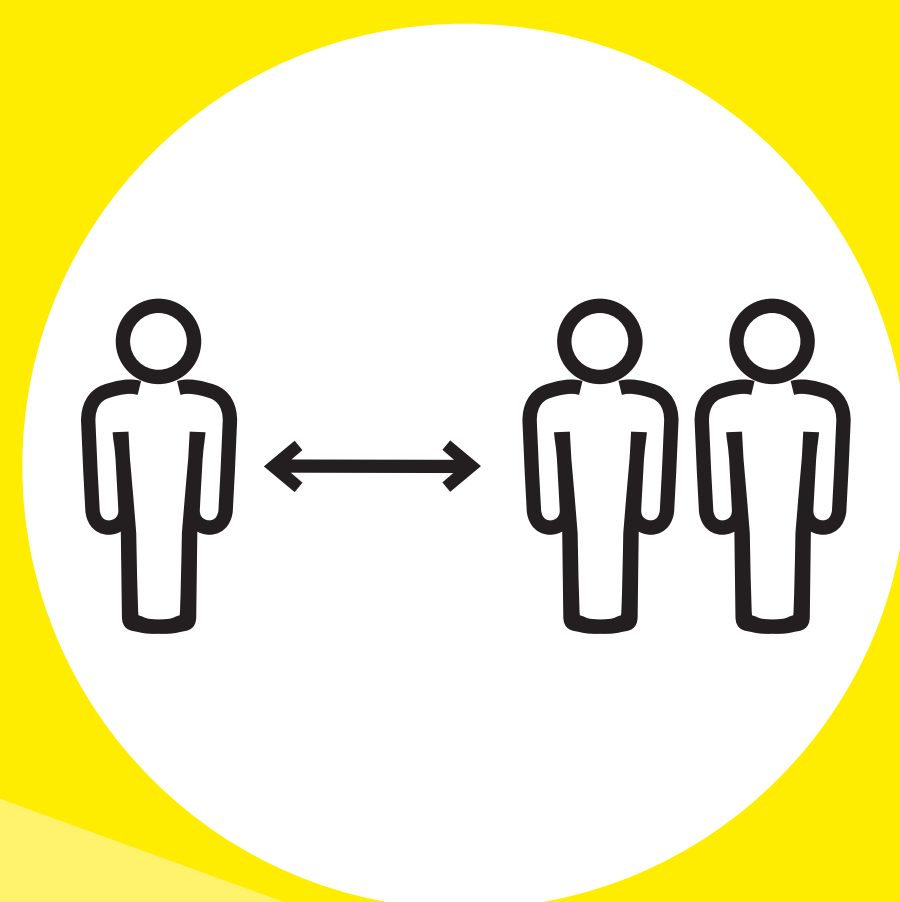
### Pay

special attention to vulnerable people



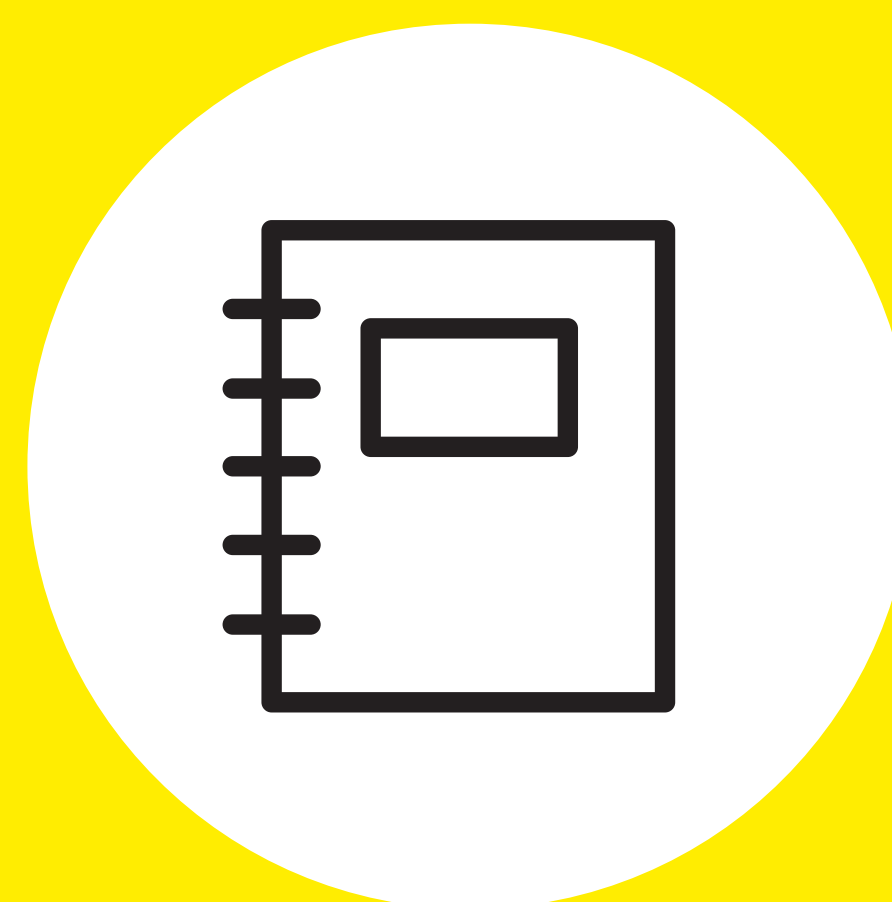
### Practice

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



### Step

aside to give others space



### 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

\* Not suitable for children under 13 and those who have difficulty wearing them

## #holdfirm