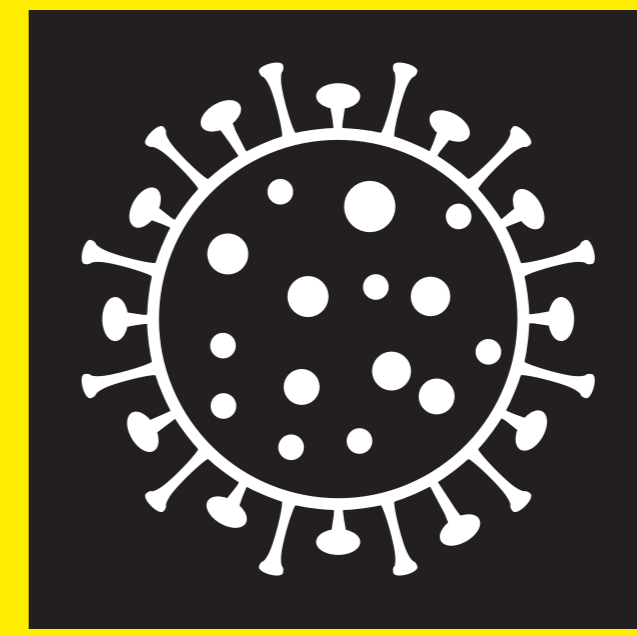


Coronavirus COVID-19



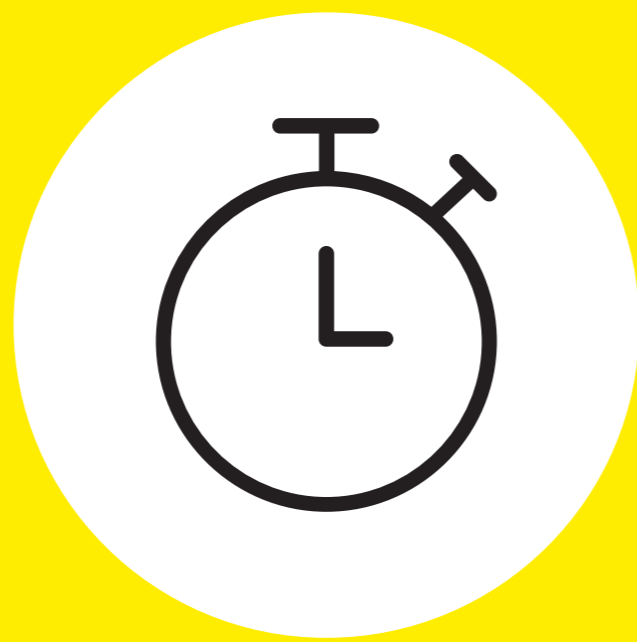
Coronavirus
COVID-19
Public Health
Advice

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



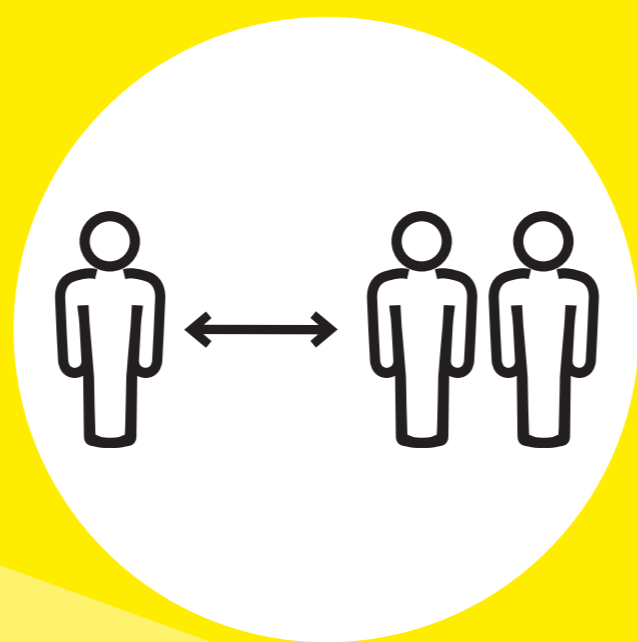
Pay

special attention to vulnerable people



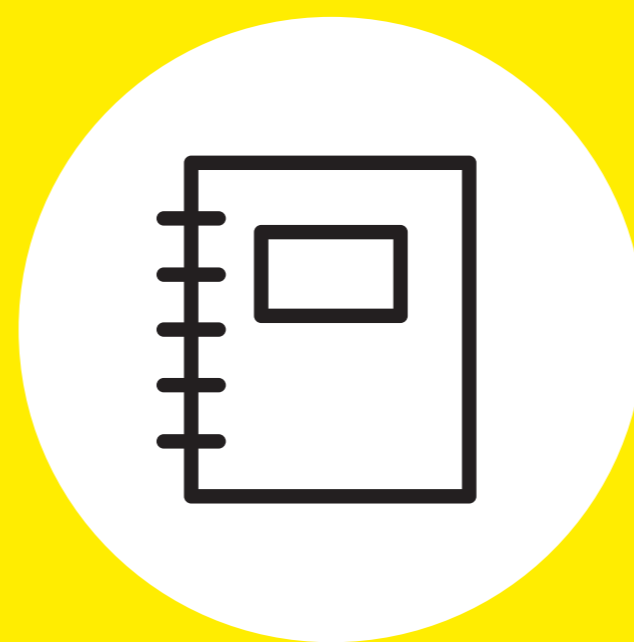
Practice

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