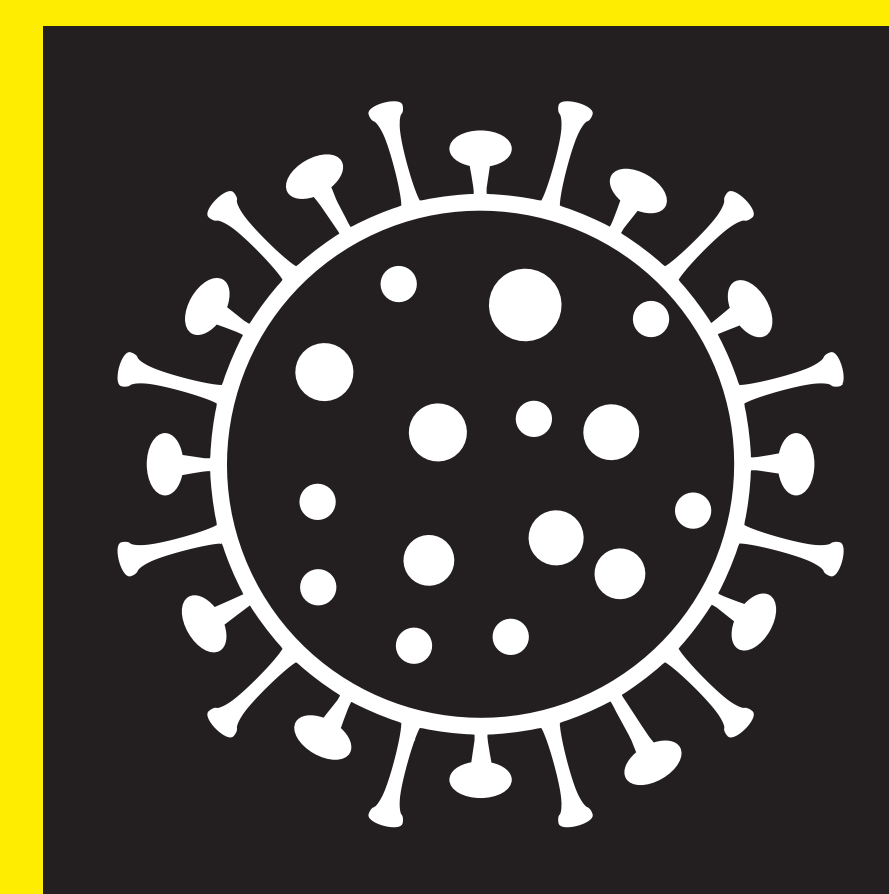


# Coronavirus **COVID-19**



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Stay safe guidelines **exercising outdoors.**



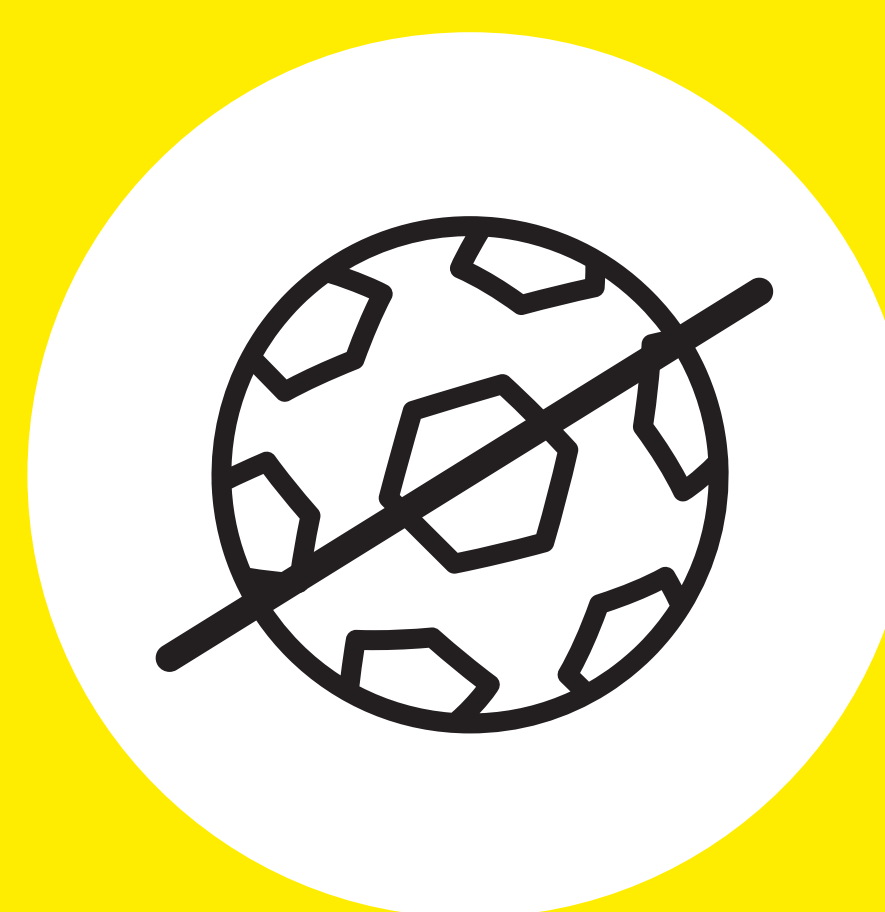
### **Know**

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



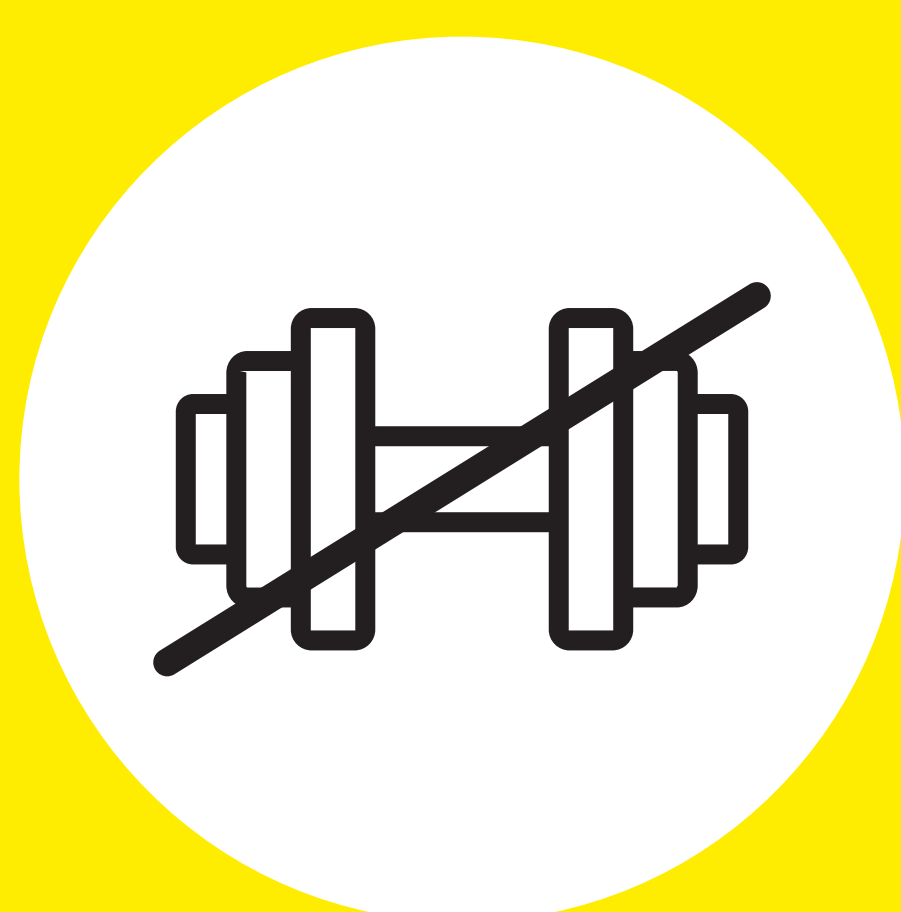
### **Stay**

2m away from people



### **Avoid**

contact sports



### **Don't**

share exercise equipment



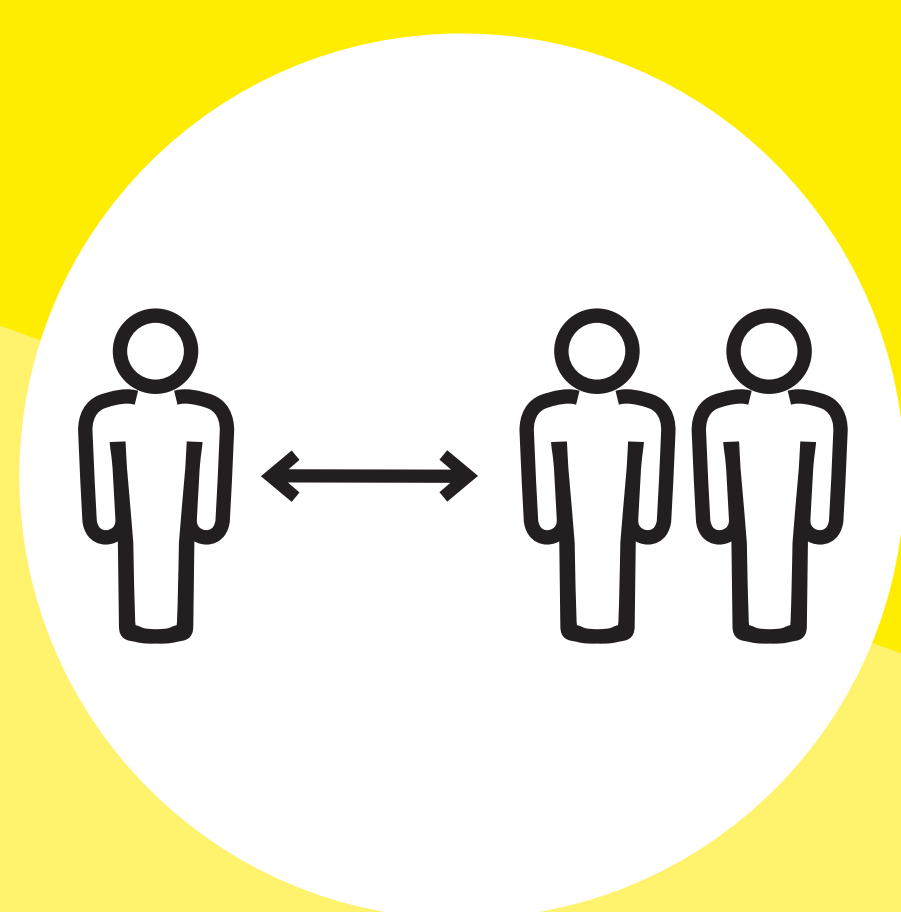
### **Pay**

special attention to vulnerable people



### **Practice**

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



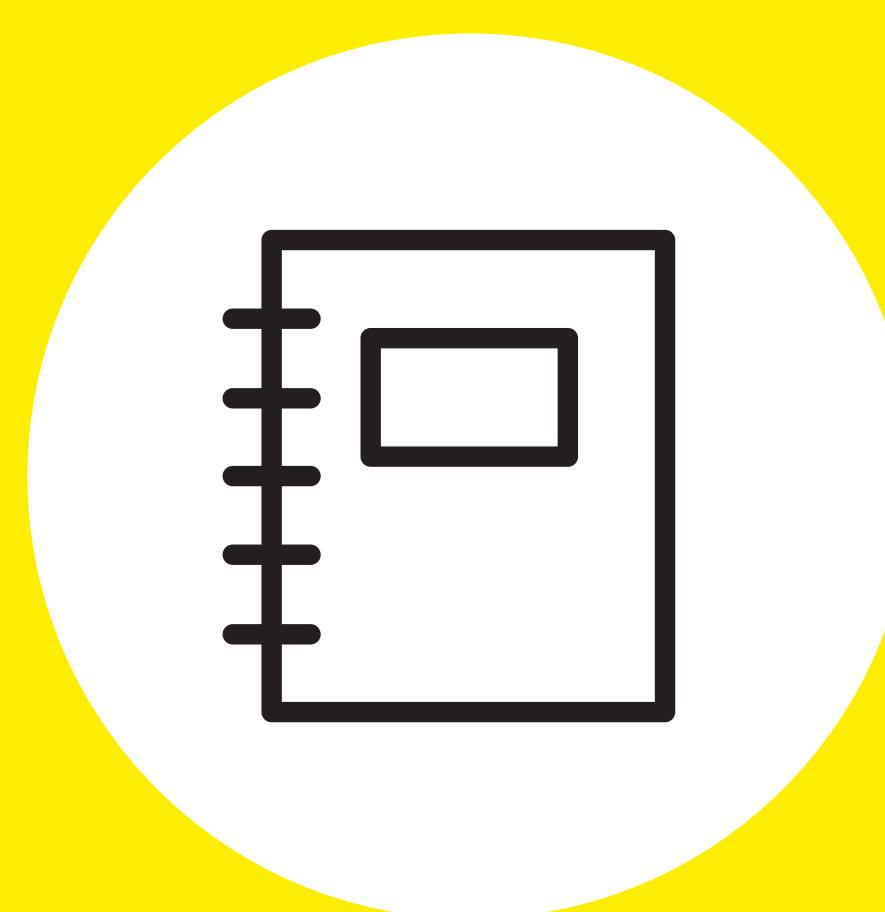
### **Step**

aside to give others space



### **Wash**

your hands for at least 20 seconds when you return home



### **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