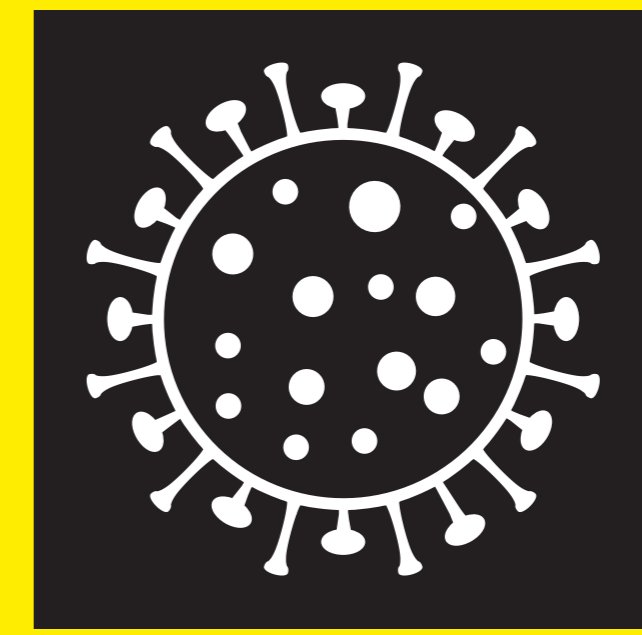


# Coronavirus **COVID-19**



Coronavirus  
**COVID-19**  
Public Health  
Advice

# Stay safe. Protect each other.

## Continue to:



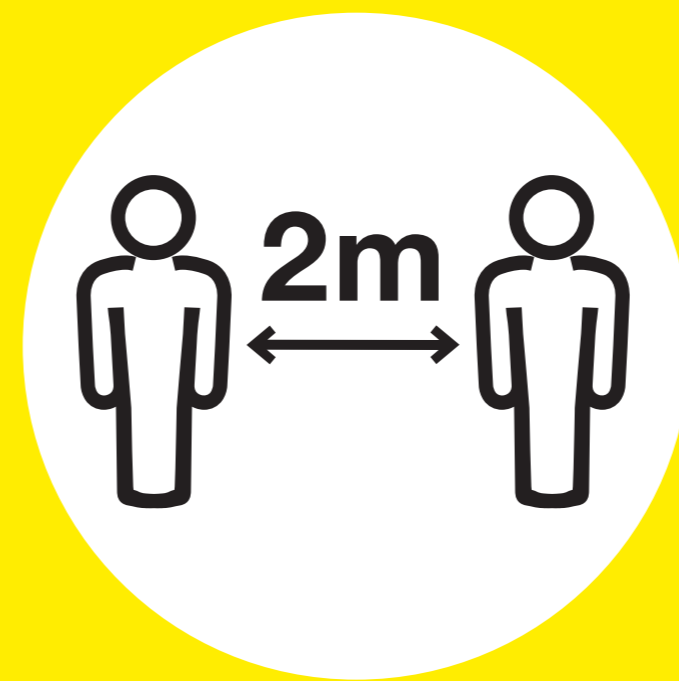
### Wash

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