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