Coronavirus COVID-19

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