

## Stay safe guidelines while cocooning.



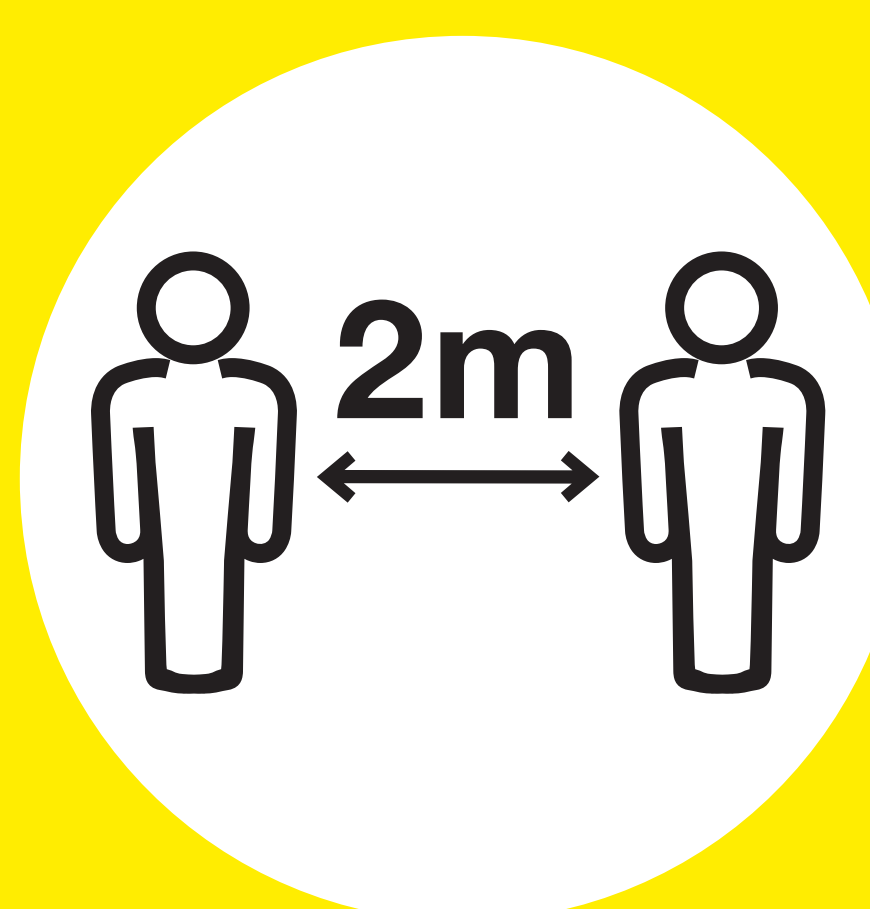
### Stay

at home as much as you can



### Meet

the same group of family or friends regularly



### Stay

2m away from people when outside home



### Shop

during designated hours as much as possible



### Wear

a face covering at all times when shopping or in someone else's home\*



### Practice

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



### Avoid

public transport as much as possible and use at off-peak times if necessary



### Know

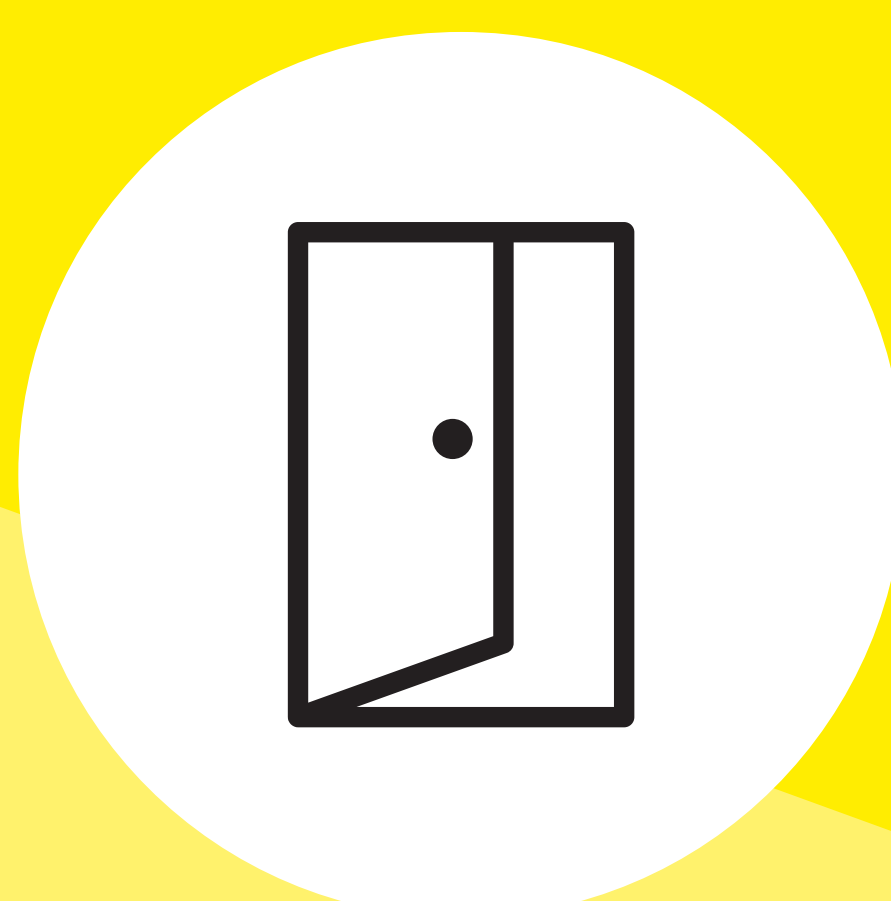
the symptoms. Contact your GP immediately if you have them

## Welcoming visitors



### Limit

visitors to a small group for a short period of time, socially distanced



### Open

windows and doors and meet visitors in well ventilated spaces



### Outdoor

areas, if possible, are safer for visiting or receiving visitors

\* Not suitable for children under 13 and those who have difficulty wearing them

## #holdfirm