Coronavirus COVID-19



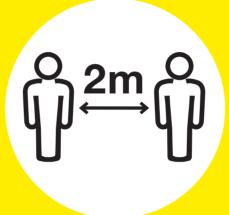
Stay safe guidelines while coconing.



Stay at home as much as you can



Meetthe same group of family or friends regularly



Stay2m away from people when outside home



Shopduring 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



Limitvisitors 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





