



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