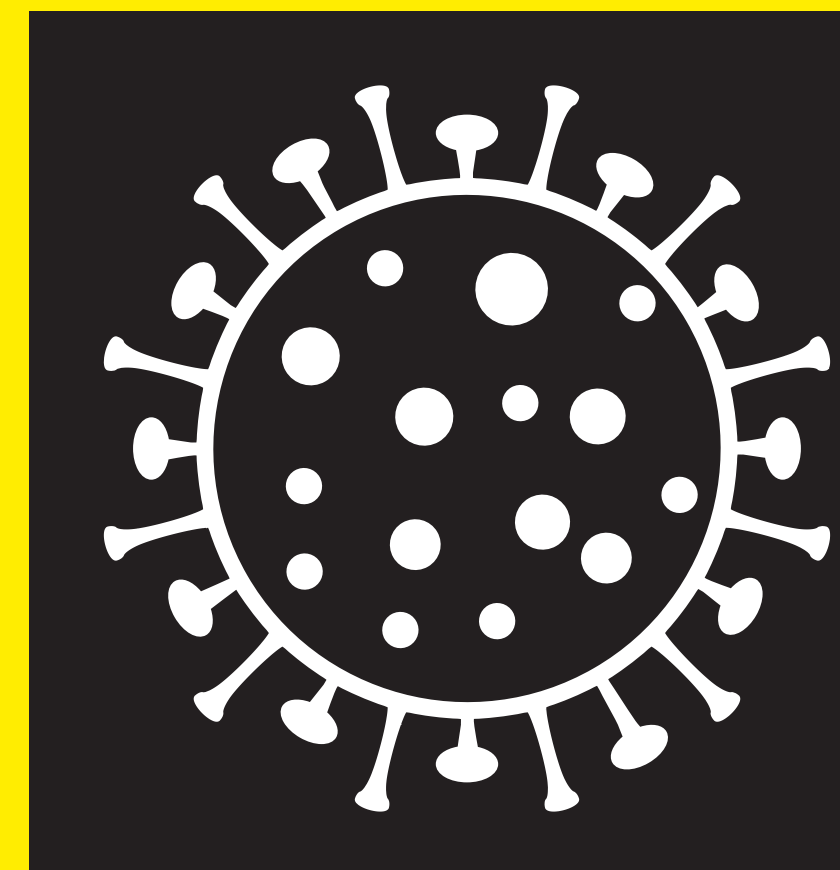


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Stay safe guidelines while visiting someone cocooning.



### Wash

your hands or use hand  
sanitiser when you arrive



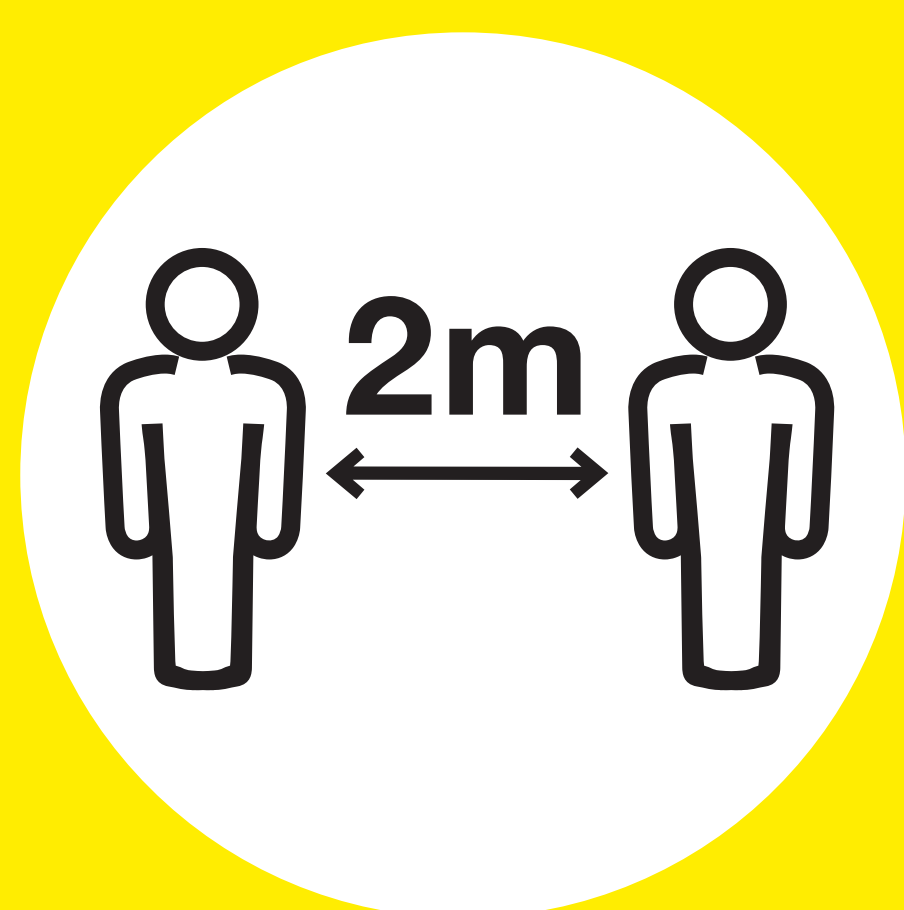
### Wear

a face covering at all  
times during the visit\*



### Practice

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



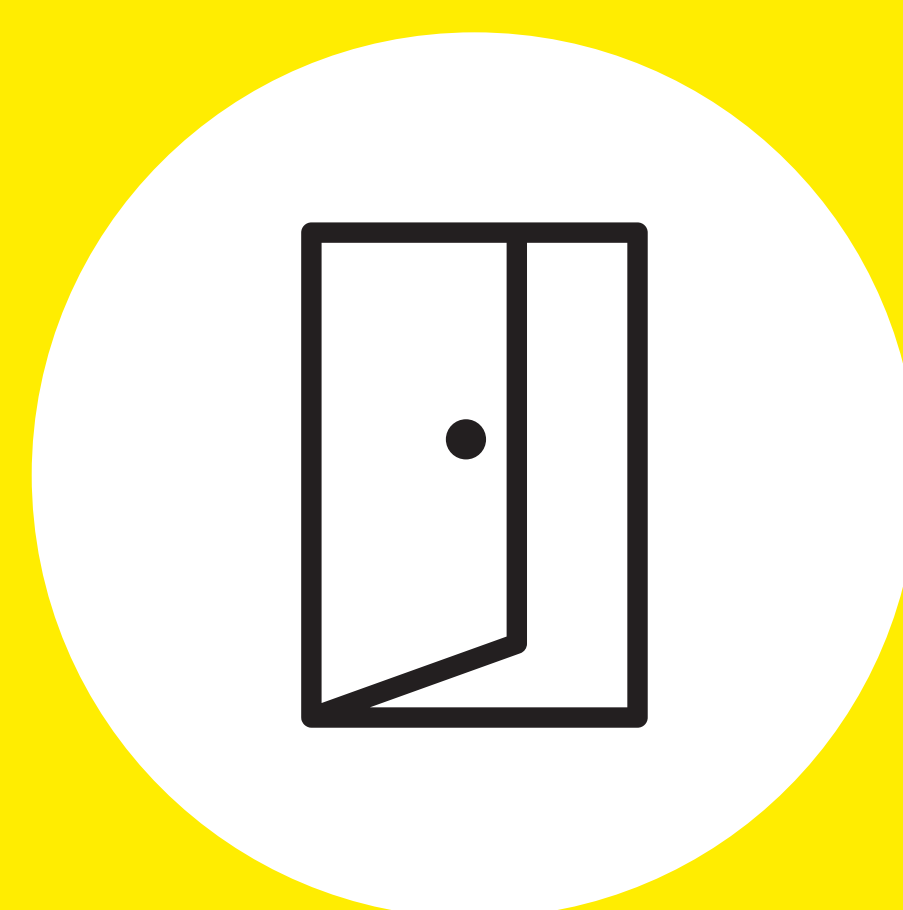
### Stay

2m away from  
everyone



### Avoid

physical  
contact



### Open

windows and doors  
for ventilation



### Outdoor

visits are safer to  
prevent spread of the  
infection



### Know

the symptoms. Don't  
visit and call a GP if  
you have them

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

## #holdfirm