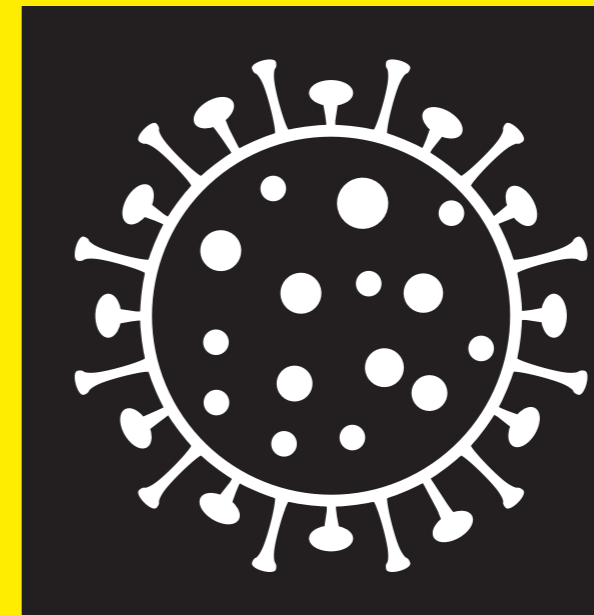


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Stay safe guidelines while visiting someone cocooning.



Wash

your hands or use hand
sanitiser when you arrive



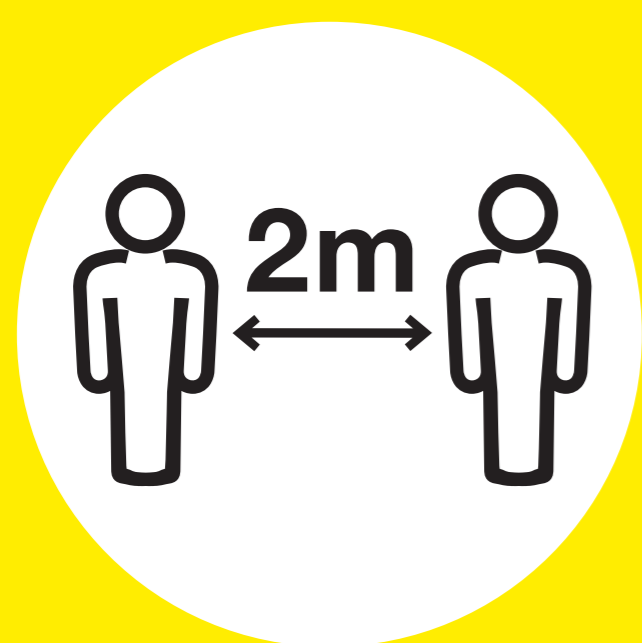
Wear

a face covering at all
times during the visit*



Practice

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



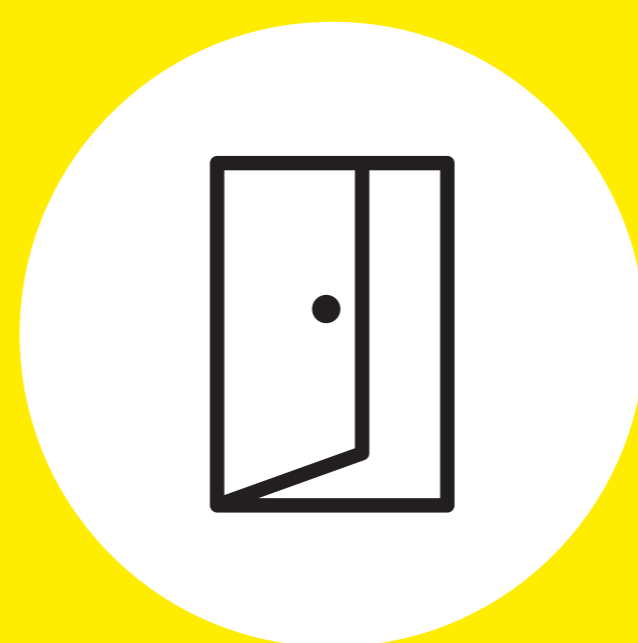
Stay

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