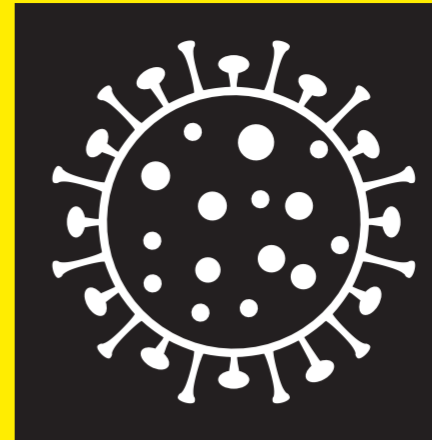


# Coronavirus **COVID-19**



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Stay safe guidelines **while visiting someone cocooning.**



### **Wash**

your hands or use hand  
sanitiser when you arrive



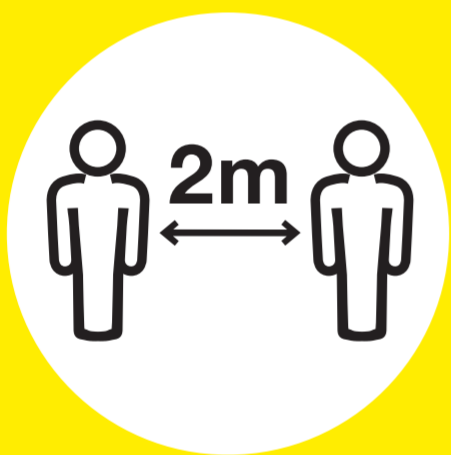
### **Wear**

a face covering at all  
times during the visit\*



### **Practice**

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



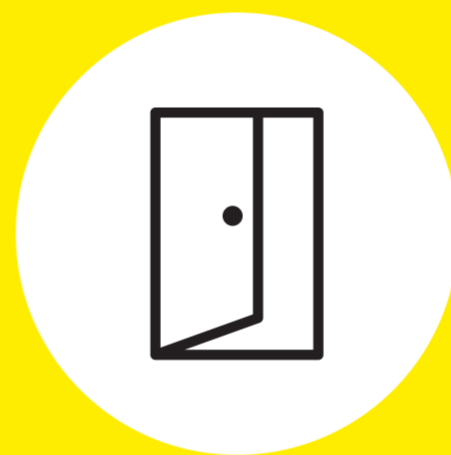
### **Stay**

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