

Wear a mask



Wear a mask whenever possible, and when in proximity of others. Masks are available at _____

Cover



Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely.

Know the symptoms



COVID-19 symptoms include high temperature, cough, breathing difficulty, sudden loss of sense of smell or taste and flu-like symptoms. If you have any, self isolate and contact your GP.

Wash your hands



Wash your hands. Use plenty of soap, or alcohol hand gel if available. Wash for 20 seconds. Wash the back of the hands and between fingers and always after using the toilet.

Avoid large groups



Avoid large gatherings and socially distance, remaining at least two metres apart.