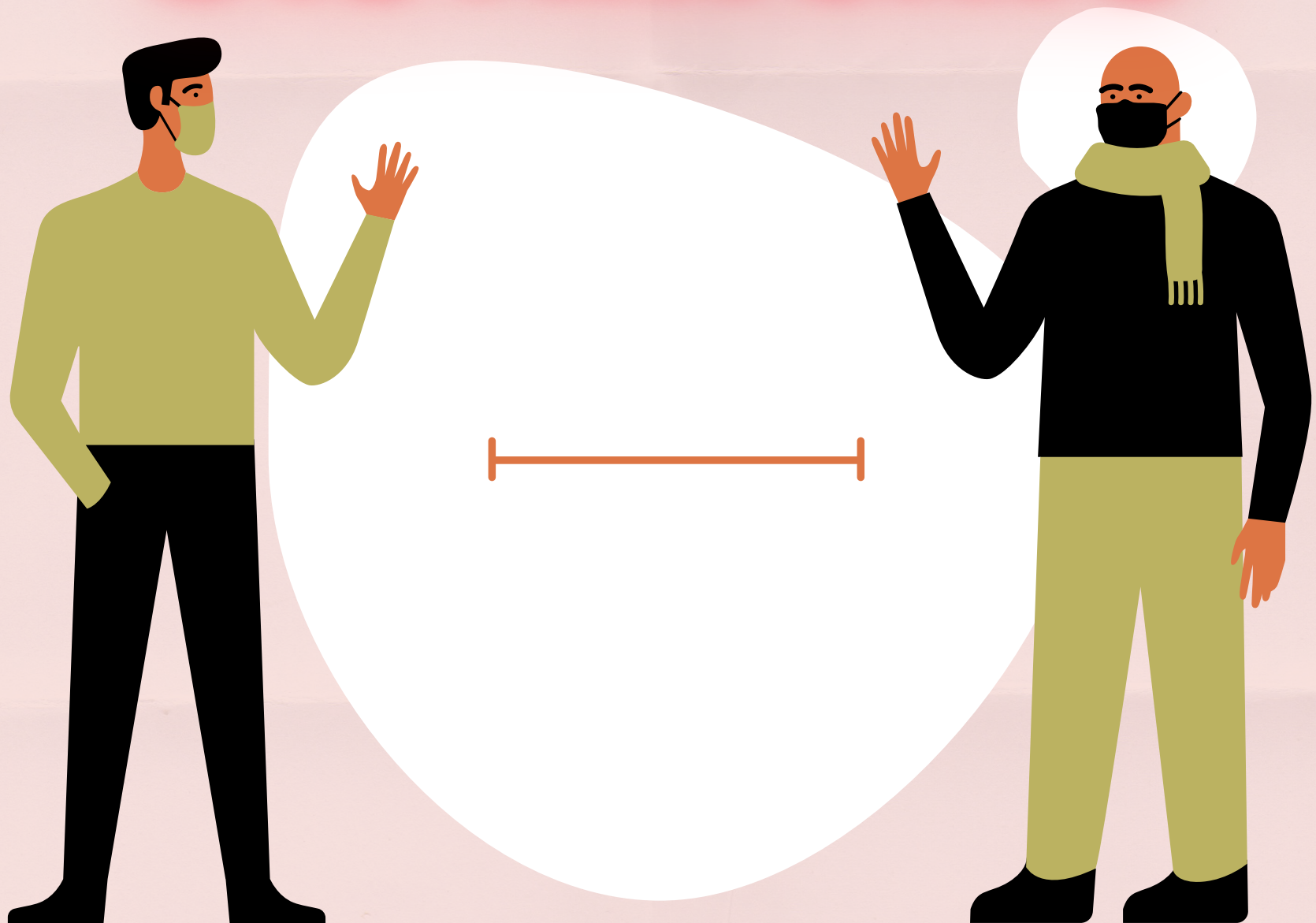


*How to keep safe from the Coronavirus*

# SOCIAL DISTANCING



To stop the spread of coronavirus (COVID-19), you should avoid close contact with anyone you do not live with. This is called social distancing.

It's very important to do what you can to reduce the risk of you and other people getting ill with coronavirus.

You can spread the virus even if you do not have symptoms.

## Do

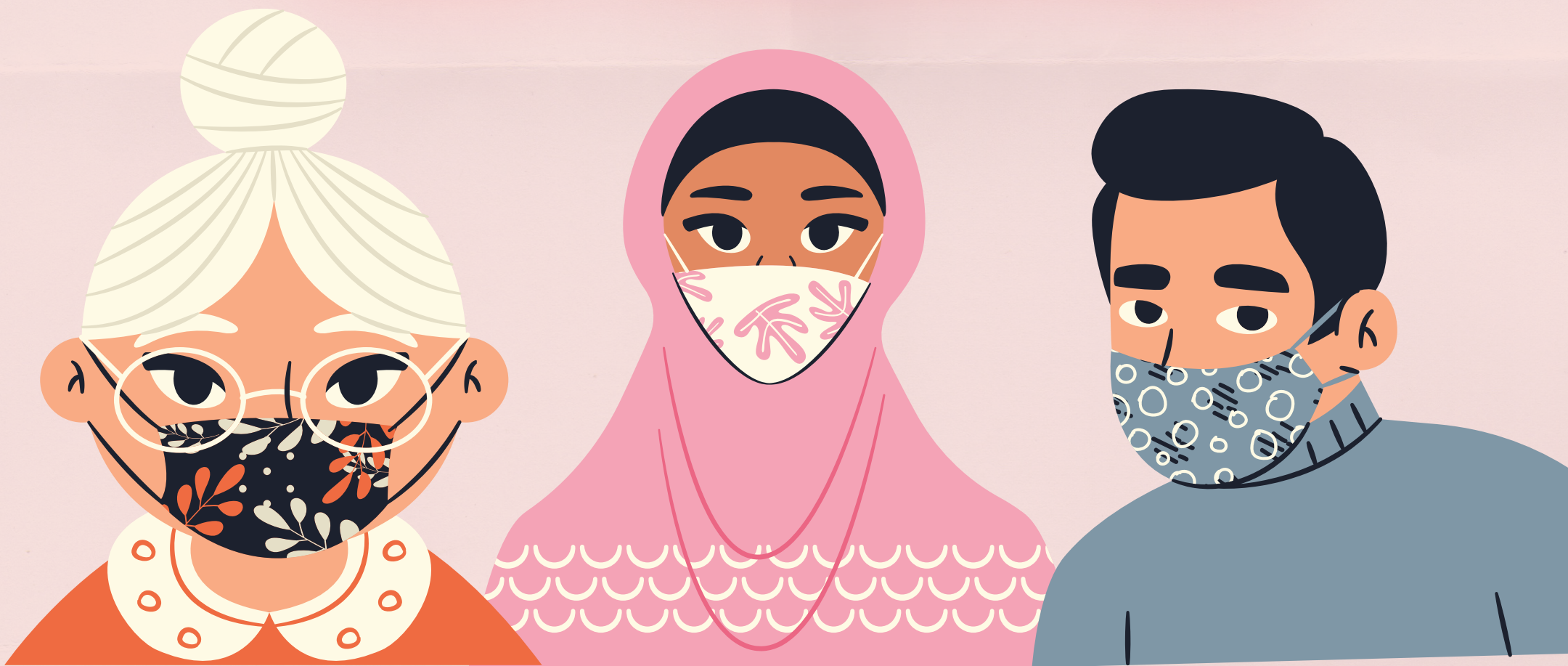
- ✓ try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble)
- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ wash your hands as soon as you get home
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin immediately and wash your hands afterwards
- ✓ let fresh air into your home by opening windows, doors and air vents as much as possible

## Don't

- ✗ do not touch your eyes, nose or mouth if your hands are not clean



# FACE COVERINGS



Face coverings protect those around you and will help slow the spread of the virus.

Face coverings help by catching the small droplets we sometimes spread when we talk or cough. These can contain coronavirus (COVID-19) and land on surfaces and other people.