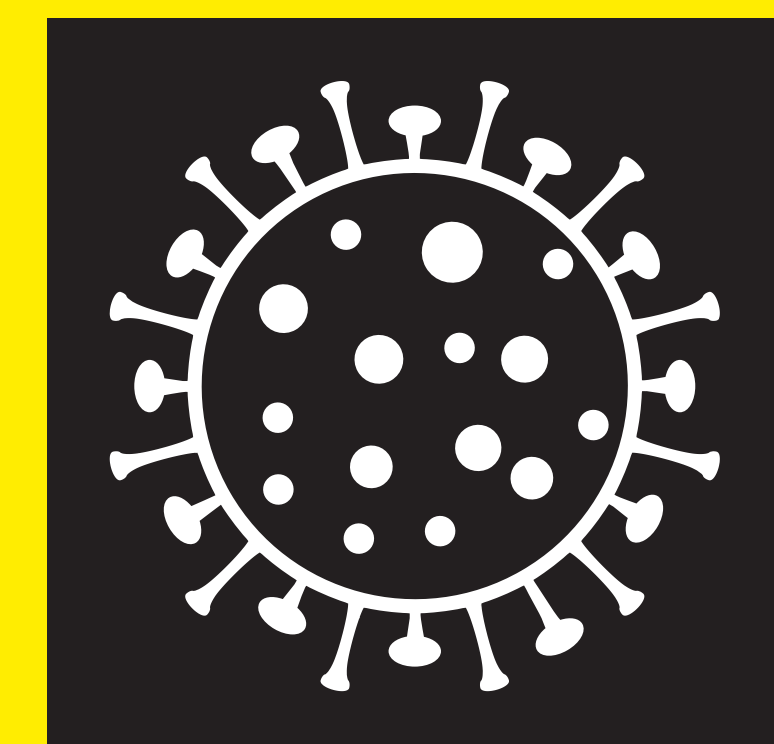


Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

Stay home. Stay safe. Protect each other.

Know the symptoms. If you have them, self-isolate and contact a GP. Continue to:



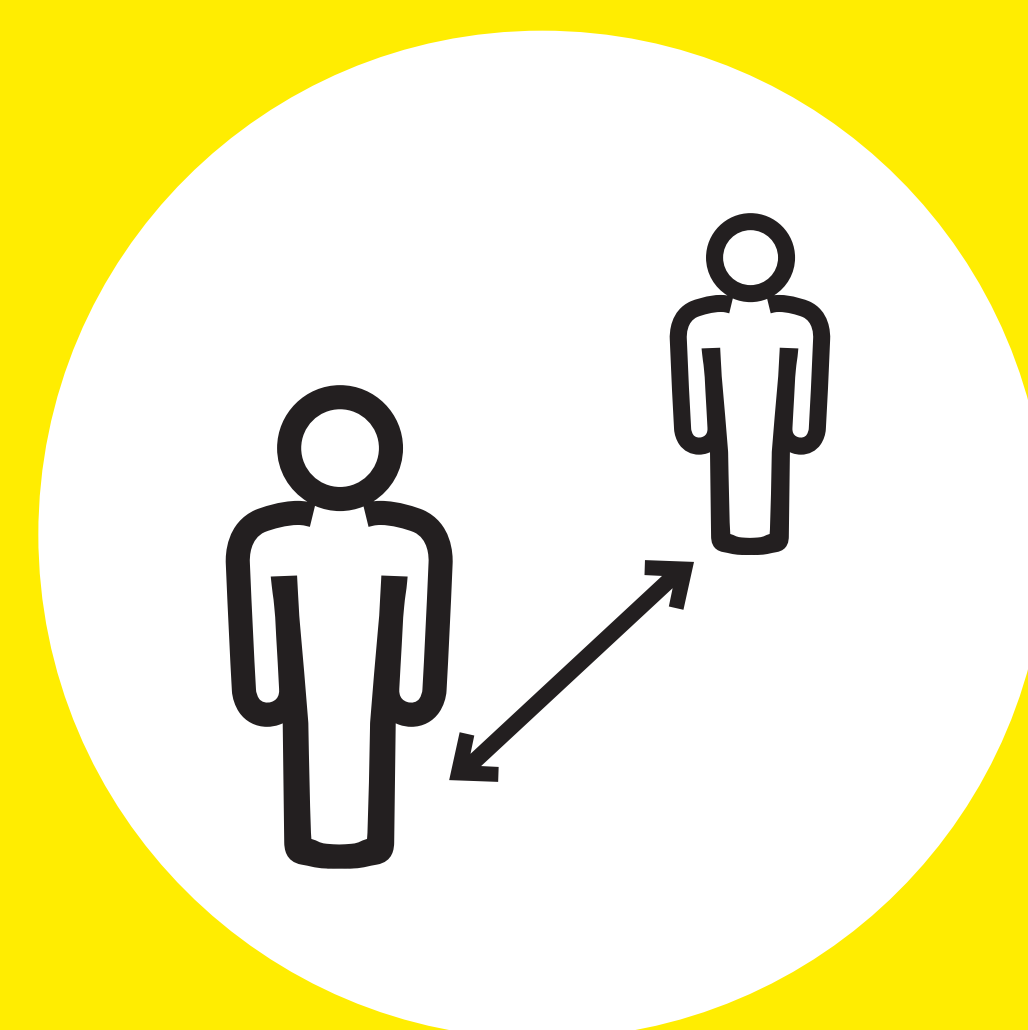
Wash

your hands well and often to avoid contamination.



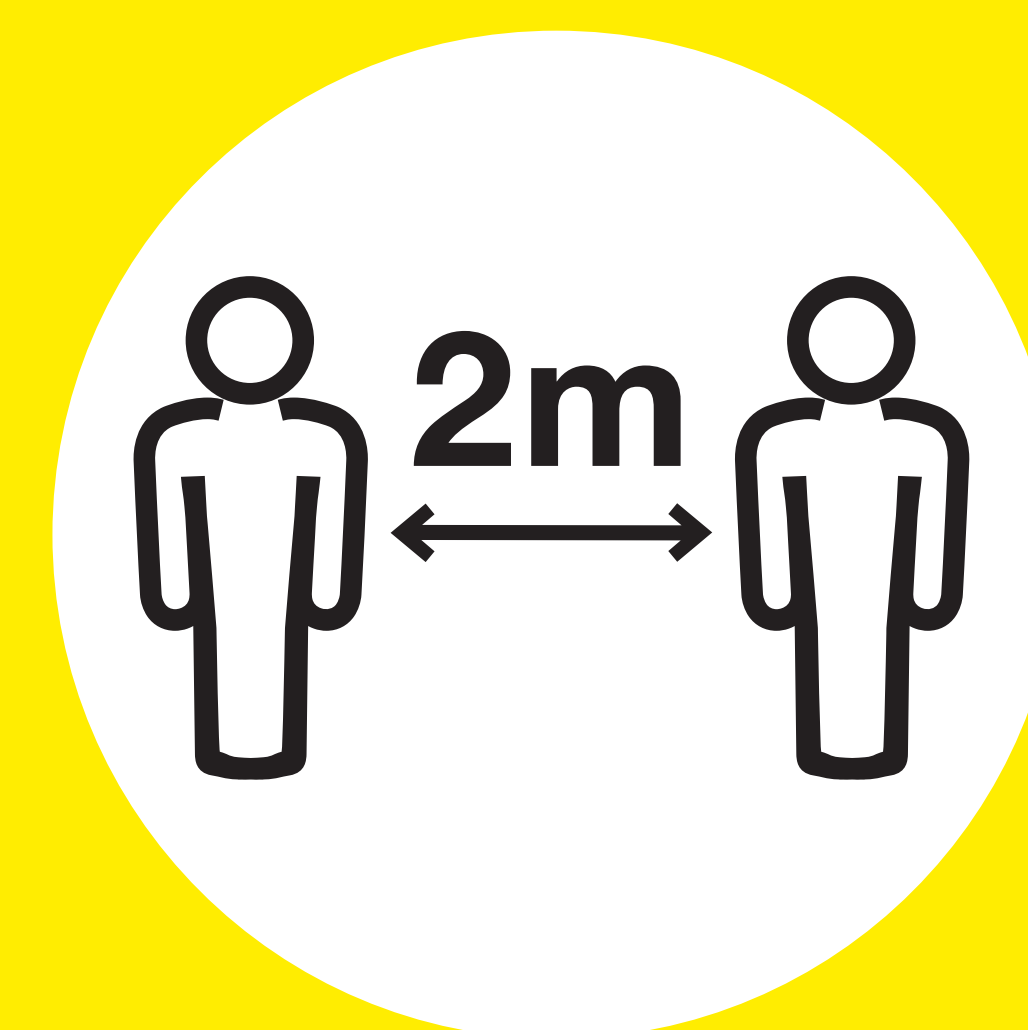
Cover

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



Limit

contact with others when out and about.



Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell.

Symptoms of COVID-19

- > a fever (high temperature - 38 degrees Celsius or above)
- > a cough - this can be any kind of cough, not just dry
- > shortness of breath or breathing difficulties

#holdfirm