

COVID-19 SOCIAL DISTANCING AND HYGIENE

Stay at least 1 metre away from anyone you do not live with.

Wash your hands with soap and water for at least 20 seconds

Use hand sanitiser if soap and water are not available

Cover your mouth and nose with a tissue when you cough or sneeze

Put used tissues in the bin immediately and wash your hands

Avoid close contact with people who have symptoms

Avoid touching your eyes, nose or mouth with unwashed hand