

COVID-19 GUIDELINES

HEALTHCARE

HELP PROTECT EACH
OTHER AND THE
NHS



WHEN AVAILABLE, USE
HAND SANITIZER



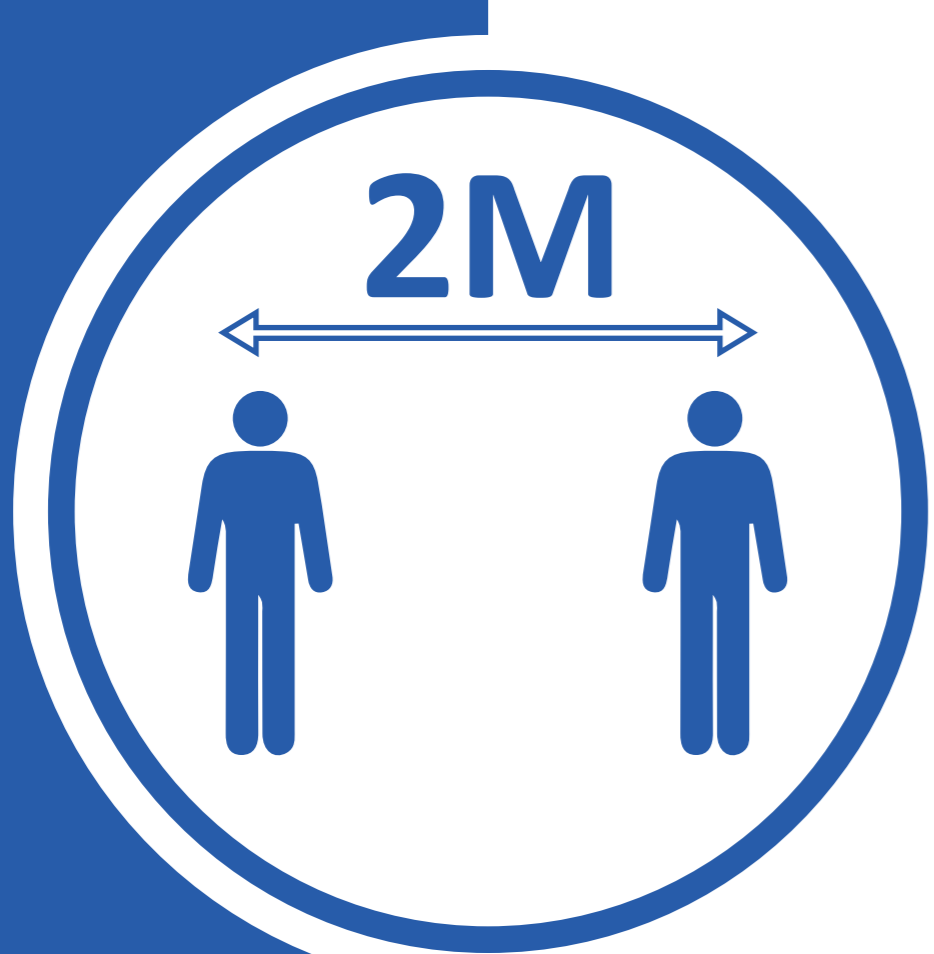
WASH YOUR HANDS FREQUENTLY
USING SOAP AND WATER



COVER YOUR MOUTH AND NOSE
WHEN COUGHING OR SNEEZING



IF SYMPTOMS DEVELOP PLEASE
ISOLATE YOURSELF AND YOUR FAMILY



ENSURE YOU MAINTAIN A 2 METRE
DISTANCE IF TRAVELLING



ONLY TRAVEL WHEN
ABSOLUTELY ESSENTIAL
(FOOD, WORK OR HEALTH REASONS)



COVID-19
SYMPTOMS

- ★ **A HIGH TEMPERATURE**
this means you feel hot to touch
on your chest or back
- ★ **A NEW, CONTINUOUS COUGH**
this means coughing a lot for more
than an hour, or 3 or more coughing
episodes in 24 hours