



Please can we advise you

PREVENTION is the best form of cure – particularly when there is no cure

Key messages to help the spread of COVID 19

- **Wash your hands frequently with soap and water for at least 20 seconds**
- **Wash your hands after blowing your nose, sneezing or coughing, before you eat, handle food and after using the toilet**
- **Avoid touching your eyes, nose and mouth with unwashed hands**
- **Cover your cough or sneeze with a tissue, then throw the tissue in a bin**
- **Keep a 2 metre distance from anyone not in your household or support bubble**
- **Wear face coverings correctly when required in public places**
- **If you have a new continuous cough or a high temperature or a change in your sense of smell or taste GET A TEST**
- **If you have symptoms you must GET A TEST and self-isolate**
- **If you test POSITIVE, you and household members MUST self-isolate**
- **If you are contacted by NHS Test and Trace you MUST self-isolate**