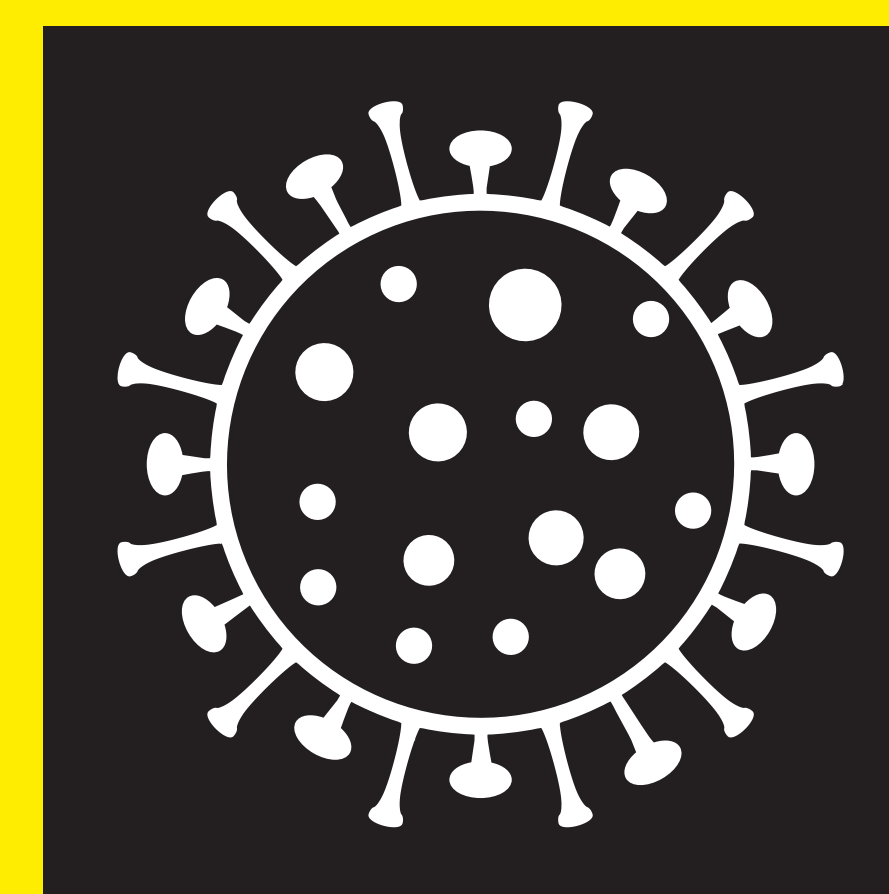


Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

Stay safe guidelines at outdoor gatherings.



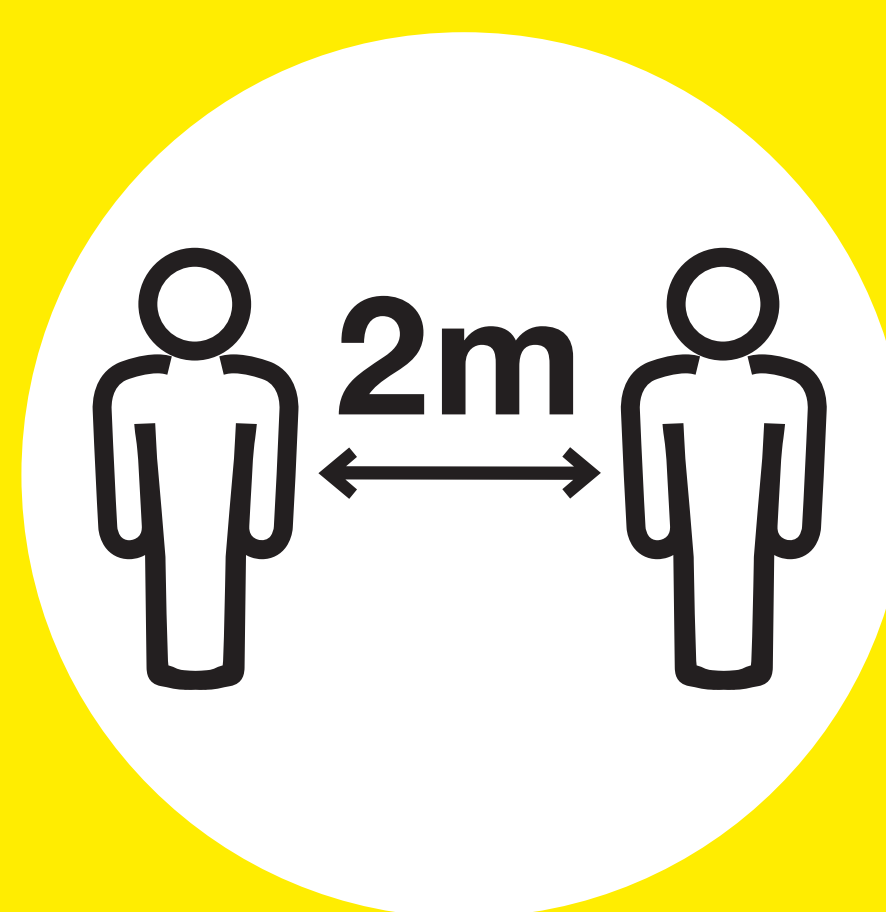
Know

the symptoms. If you have them self isolate and contact your GP immediately



Avoid

crowds and crowded places



Stay

2m away from people you don't live with



Don't

share food or other items such as rugs or glasses



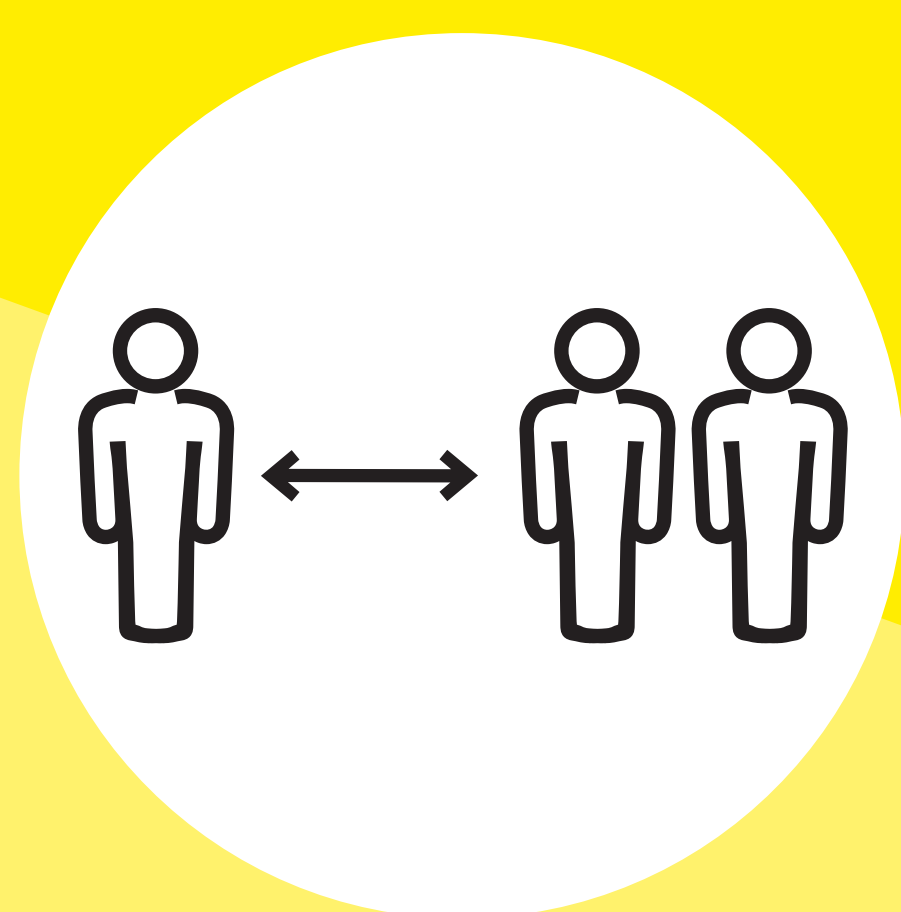
Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Pay

special attention to vulnerable people



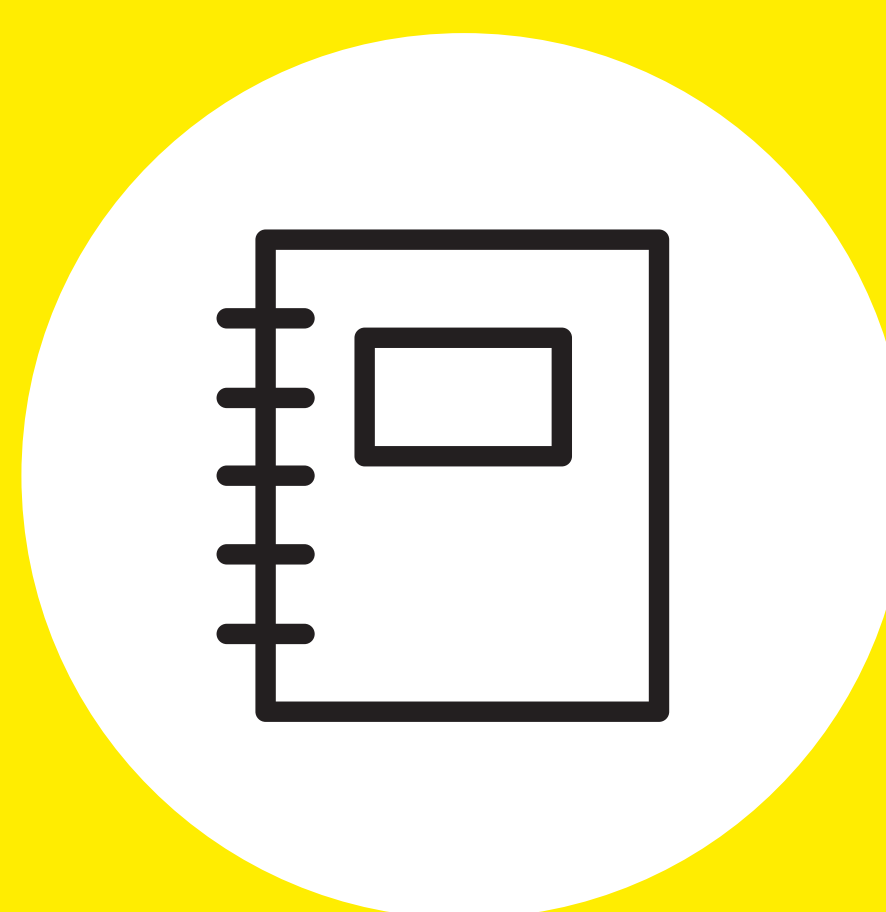
Step

aside to give others space



Wash

your hands for at least 20 seconds when you get home



Keep

a log of who you meet each day

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > loss of sense of taste or smell
- > flu-like symptoms

#holdfirm