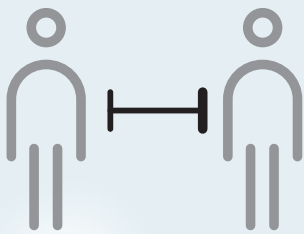


STAY SAFE AND HELP PREVENT CORONAVIRUS



WASH YOUR HANDS

regularly, with soap and water or using an alcohol solution



SOCIAL DISTANCING

keep 2 metres apart and avoid crowded places



AVOID TOUCHING

your mouth, nose and face with your hands
as well as any potentially contaminated surface



SNEEZING OR COUGHING

cover your mouth and nose with a disposable tissue,
or use your upper sleeves (not your hands!)



IF YOU HAVE SYMPTOMS

such as cough, fever or a loss of taste, don't panic!
Stay at home and call the NHS on **111**