

HELPING PREVENT THE SPREAD OF CORONAVIRUS

Click on the link for the latest update and guidance on COVID-19 from the Government

<https://www.gov.uk/coronavirus>

Stay at home if you or someone you live with have either:

- a high temperature
- a new, continuous cough

Check the NHS website if you have symptoms

For further advice, use the 111 on-line service. (The NHS have requested that you only telephone 111 if you are unable to obtain help on-line)

- Wash your hands with soap and water often – do this at least 20 seconds
- Always wash your hands when you get home or into work, and always before eating
- Avoid touching your face, unless your hands are clean
- Cover your mouth and nose with a tissue or your sleeve {not your hands} when you cough or sneeze
- Put used tissues in the bin straight away. Wash your hands afterwards
- Try to avoid close contact with people who are unwell
- If you have to go out, practice social distancing (2m)