

- Keep washing hands regularly for 20 seconds
- Wash your hands the moment you get home

1 Wet 2 Soap 3 Wash 4 Rinse 5 Dry

















- Maintain distance of 2m where possible
- Limit contact with other people









- Stay home as much as possible
- Do not leave home if you or anyone in your household has symptoms













Got Symptoms? Stay home Get tested

Find out how to get a test at <a href="https://nhs.uk/coronavirus">nhs.uk/coronavirus</a> or call 119















- Keep washing hands regularly for 20 seconds
- Maintain distance of 2m where possible
- Stay home as much as possible
- Do not leave home if you or anyone in your household has symptoms
- Get tested if you have symptoms







- Maintain social distancing
- Pay contactless where possible
- Use hand sanitiser if available
- Use your own bags
- Wash your hands when you get home



