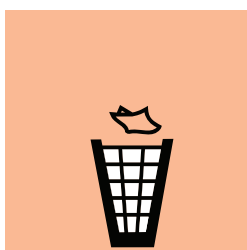


HOW TO KEEP YOURSELF (AND OTHERS) SAFE FROM COVID-19 (Coronavirus)

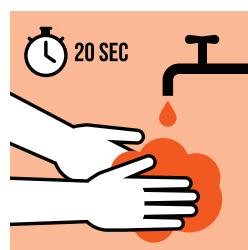
PREVENTION



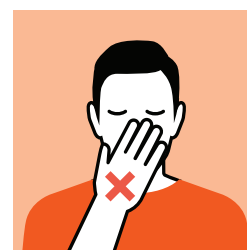
COUGH OR SNEEZE INTO YOUR ELBOW OR BY COVERING YOUR MOUTH AND NOSE WITH TISSUES.



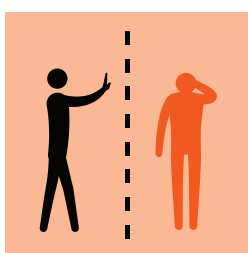
PUT USED TISSUES IN THE BIN OR A BAG IMMEDIATELY.



WASH YOUR HANDS WITH SOAP AND WATER OFTEN (FOR AT LEAST 20 SECONDS).



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH WITH UNCLEAN HANDS.



TRY TO AVOID CLOSE CONTACT WITH PEOPLE WHO ARE UNWELL.



AVOID PERSONAL CONTACT, SUCH AS KISSING, SHARING CUPS OR FOOD WITH SICK PEOPLE.



CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES AND OBJECTS, SUCH AS DOORKNOBS.

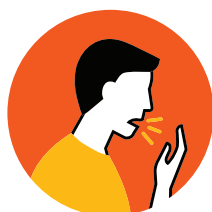


IF YOU FEEL UNWELL STAY AT HOME.

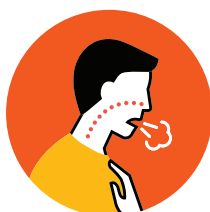
SYMPTOMS



FEVER



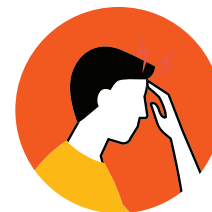
COUGH



SHORTNESS OF BREATH



SORE THROAT



HEADACHE

Call Healthline on 0800 358 5453 if you have any symptoms such as a cough, fever and shortness of breath.