PROTECT YOURSELF FROM COVID-19

1. Wet hands with water and apply soap or handwash.
2. Rub hands palm to palm.
3. Rub palm over the back of the other hand, with interlaced fingers and vice versa.
4. Palm to palm with fingers interlaced.
5. Back of fingers to opposing palms with fingers interlocked.
6. Rotational rubbing of left thumb clasped in right palm and vice versa.
7. Rotational rubbing, backwards & forwards with clasped fingers of right hand in left palm and vice versa.
8. Rinse hands under running warm water.
9. Dry hand thoroughly with a paper towel or air dryer.
10. Use your elbow or paper towel to turn off the tap.

PREVENT THE SPREAD

- Wash you hands often, as shown above, especially on arriving and leaving a location.
- Stay home if you have symptoms (listed below). Clean and disinfect frequently touched objects and surfaces.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Discard of used tissues in a bin immediately and wash your hands afterwards.
- Avoid touching your eyes, nose and mouth with unwashed hands. Avoid close contact with people who are ill.

SYMPTOMS

- A HIGH TEMPERATURE – this means you feel hot to touch on your chest or back (you do not need to measure your temperature.)
- A NEW, CONTINUOUS COUGH – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
  - If you have symptoms of Coronavirus, you'll need to stay at home for 7 days.
  - If you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms.
  - If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.
  - If you have to stay at home together, try to keep away from each other as much as possible.

TO PROTECT OTHERS, DO NOT GO TO PLACES LIKE A GP SURGERY, PHARMACY OR HOSPITAL. STAY AT HOME.