

KEEPING EACH OTHER SAFE AT HOME

How to reduce the risk of catching or spreading COVID-19



Reduce risk of catching COVID when out

- Avoid crowded or cramped places.
- Wear your face covering, particularly inside public spaces.
- Wash / sanitise your hands after touching things others have touched.



At home

- Wash / sanitise your hands as soon as you come in and wash anything / sanitise anything you've brought in from somewhere else.
- Keep windows / doors open so that air flows through the house.
- Keep your distance from people who are vulnerable.
- Clean surfaces and don't share towels.



If you have symptoms or a positive test

- Isolate as much as possible in your own space.
- Stay 2 metres away from people who are vulnerable.
- Wear a face covering if you're in the same room as others.
- Book to have a test as soon as you can.

WE STAY APART NOW TO BE TOGETHER LATER