



KEEPING PEOPLE YOU LIVE WITH SAFE

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

- Stay home
- Stay in your own space, and 2 metres away, from other people you live with as much as possible
- Wear a face covering in the same room as others
- Book to have a test as soon as you can

WE STAY APART NOW TO BE TOGETHER LATER