

## Keep yourself and your loved ones safe



**Clean your hands thoroughly** for at least 20 seconds with soap and water, or an alcohol-based hand rub



**Cover your nose and mouth** when coughing and sneezing with a tissue or your elbow. Put the tissue in the bin and wash your hands



**Practise physical distancing**, and wear a mask if you can't keep a distance of 1.5m



**Avoid close contact** with anyone with cold or flu-like symptoms



**Stay in** if you feel unwell



**Get tested** if you are unwell. Testing is free, quick and easy.

Scan this QR code for clinics

