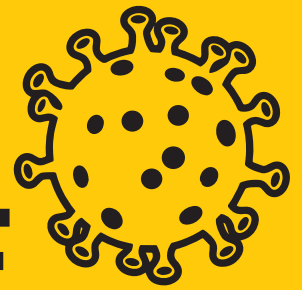


# 6 STEPS TO STAY SAFE DURING THE CORONAVIRUS CRISIS



**1** Wash your hands regularly.



**2** Avoid touching your face, in particular your eyes, nose and mouth.

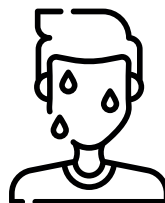


**3** Cough or sneeze into a disposable tissue and put it in the bin immediately after use.



**4** Follow the government guidance about self-isolation and social distancing.

Visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) for up to date guidance.



**5** If you feel unwell, stay at home and follow the self-isolation guidance.



**6** If your symptoms get worse or you have difficulty breathing, call 111 for assistance.

Call 999 if it is an emergency. Do not go to a GP, pharmacy or hospital unless you are told to.



**REMEMBER**

You can spread the virus even if you don't have symptoms. Stay 2 metres (6ft) away from other people at all times.



SHG