

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



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