

## COVID-19 GUIDELINES

# HEALTHCARE

HELP PROTECT EACH  
OTHER AND THE  
*NHS*



**WHEN AVAILABLE, USE  
HAND SANITIZER**



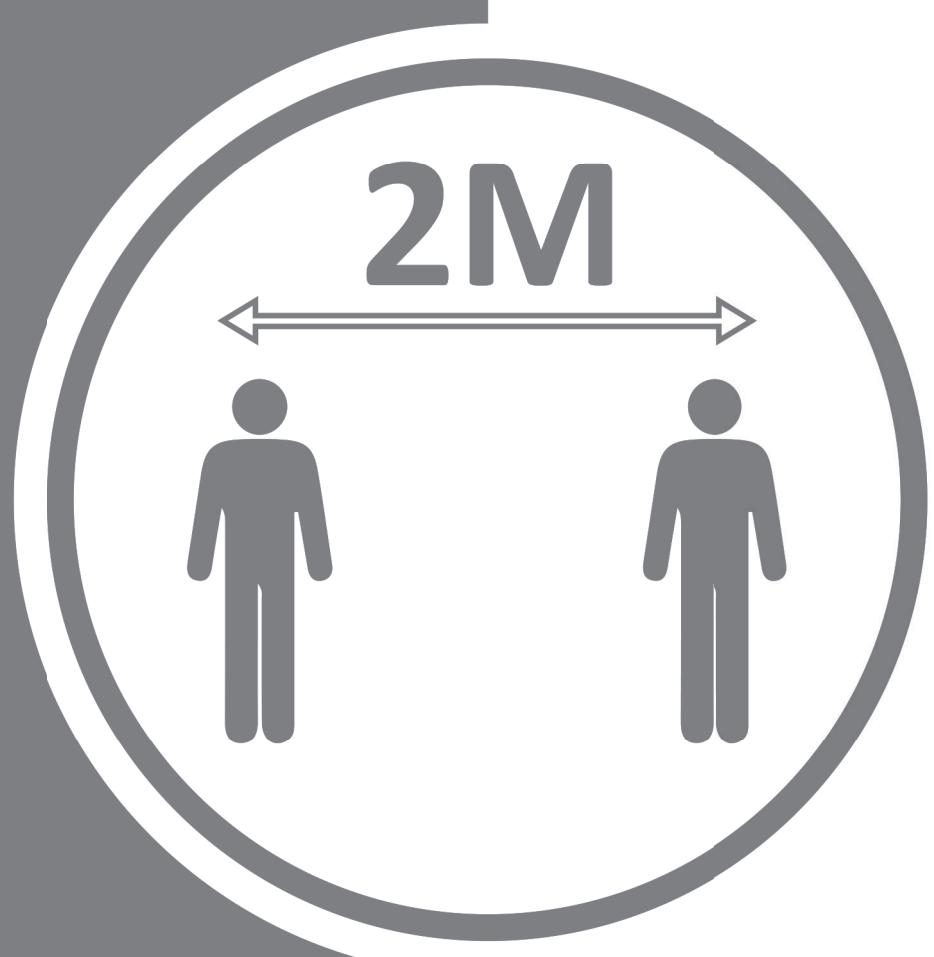
**WASH YOUR HANDS FREQUENTLY  
USING SOAP AND WATER**



**COVER YOUR MOUTH AND NOSE  
WHEN COUGHING OR SNEEZING**



**IF SYMPTOMS DEVELOP PLEASE  
ISOLATE YOURSELF AND YOUR FAMILY**



**ENSURE YOU MAINTAIN A 2 METRE  
DISTANCE IF TRAVELLING**



**ONLY TRAVEL WHEN  
ABSOLUTELY ESSENTIAL  
(FOOD, WORK OR HEALTH REASONS)**



**COVID-19  
SYMPTOMS**

- ★ **A HIGH TEMPERATURE**  
this means you feel hot to touch  
on your chest or back
- ★ **A NEW, CONTINUOUS COUGH**  
this means coughing a lot for more  
than an hour, or 3 or more coughing  
episodes in 24 hours