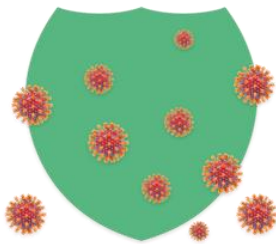




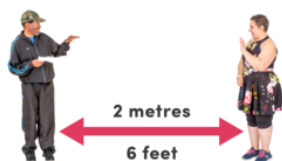
**We have written some top tips about keeping safe from coronavirus.**



None of these tips can completely stop the risk of catching coronavirus, but they will help you to keep safe.



**Keep a safe distance away from people who you do not live with.**



The government says it is a good idea that you keep 2 metres away from people where possible.



Or you can keep 1 metre away when you have some other kind of protection in place.



This might be a facemask, gloves, a plastic screen, or a support worker who is wearing full protective equipment.



**Avoid being face-to-face with people if they are outside your household or support bubble.**



You are at higher risk of catching the virus when you are within two metres of someone and have face-to-face contact with them.



You can lower the risk of catching coronavirus if you stay side-to-side rather than facing someone.



The important thing is not to be too close to people outside your household or support bubble. If you must, keep it as brief as possible.



## **Keep your hands and face as clean as possible.**

Wash your hands often using soap and water, and dry them thoroughly.

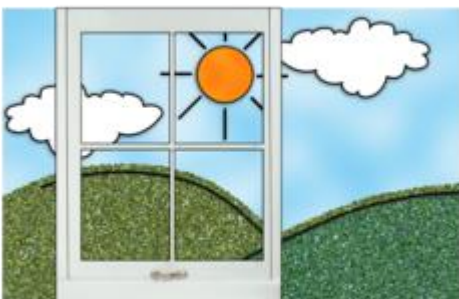


Where available, use sanitiser outside your home, especially as you go into a building and after you have touched any surfaces.



Avoid touching your face.

## **Keep lots of fresh air moving when you are indoors.**



In good weather, try to leave windows and doors open in areas where people from different households come into contact, or move activity outdoors if you can.



## **Avoid crowded places**

You can lower the risks of catching the virus by lowering the number of people you come into close contact with.



For example, avoid busy travel times on public transport, where possible and avoid crowded areas.



## **Work from home if you can**

If you can do your job from home you should still do this.



Your employer should talk to you and agree working arrangements that suit you and the business.



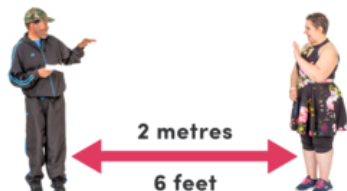
## Think about how you travel

You should walk or cycle wherever you can. If you have to use public transport, you should try to avoid travelling at busy times.



## Face coverings

You must wear a face covering at all times on public transport or when attending a hospital as a visitor or outpatient.



Face coverings do not replace social distancing.



If you have symptoms of coronavirus you and your household must isolate at home.



Wearing a face covering does not change this.