



**do not risk your health –  
work safe, stay protected,  
and keep safe;** teamwork is a  
commitment to each other – **use your PPE**

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**wash your hands regularly  
for at least 20 seconds** with  
soapy water or a sanitiser – **clean hands**  
**helps to keep you safe from the virus**



**if you develop a fever,  
a dry cough, or difficulty in  
breathing** you should first call the  
coronavirus hotline on **0800 029 999\***  
**before** seeking medical help at the clinic

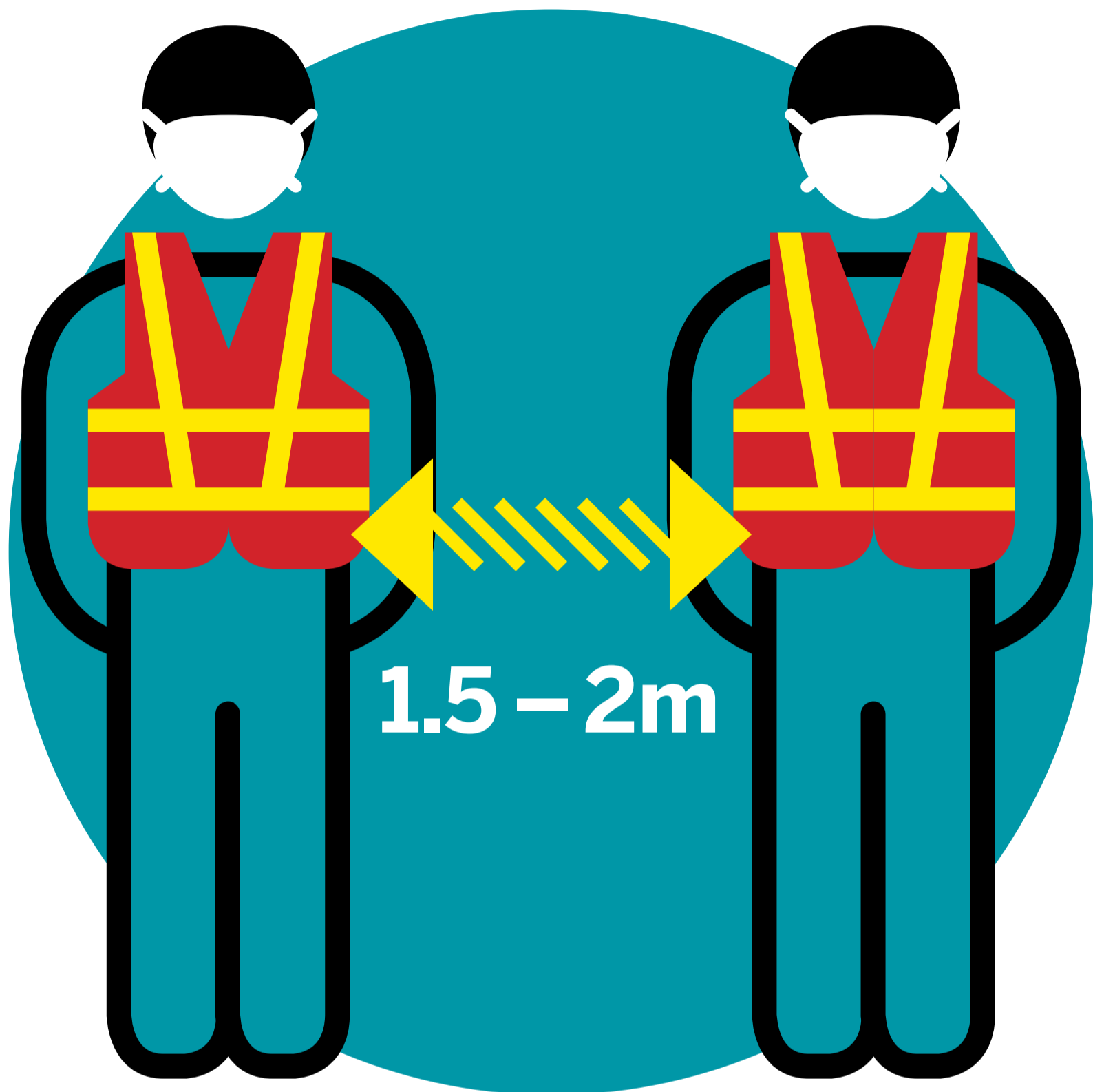
\* 8am to 4pm, Monday to Friday

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**do not touch your face,  
your eyes, nose or mouth**  
until you have washed your hands – **clean  
hands helps to keep you safe from the virus**

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**help to protect the health of our people,** our livelihood, and our jobs – keep a safe distance from others and stop the spread of the virus



# don't risk your health – wash your hands, wear a mask, keep a safe distance

it's about safety for all – let's stop the  
spread of the virus

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