

**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

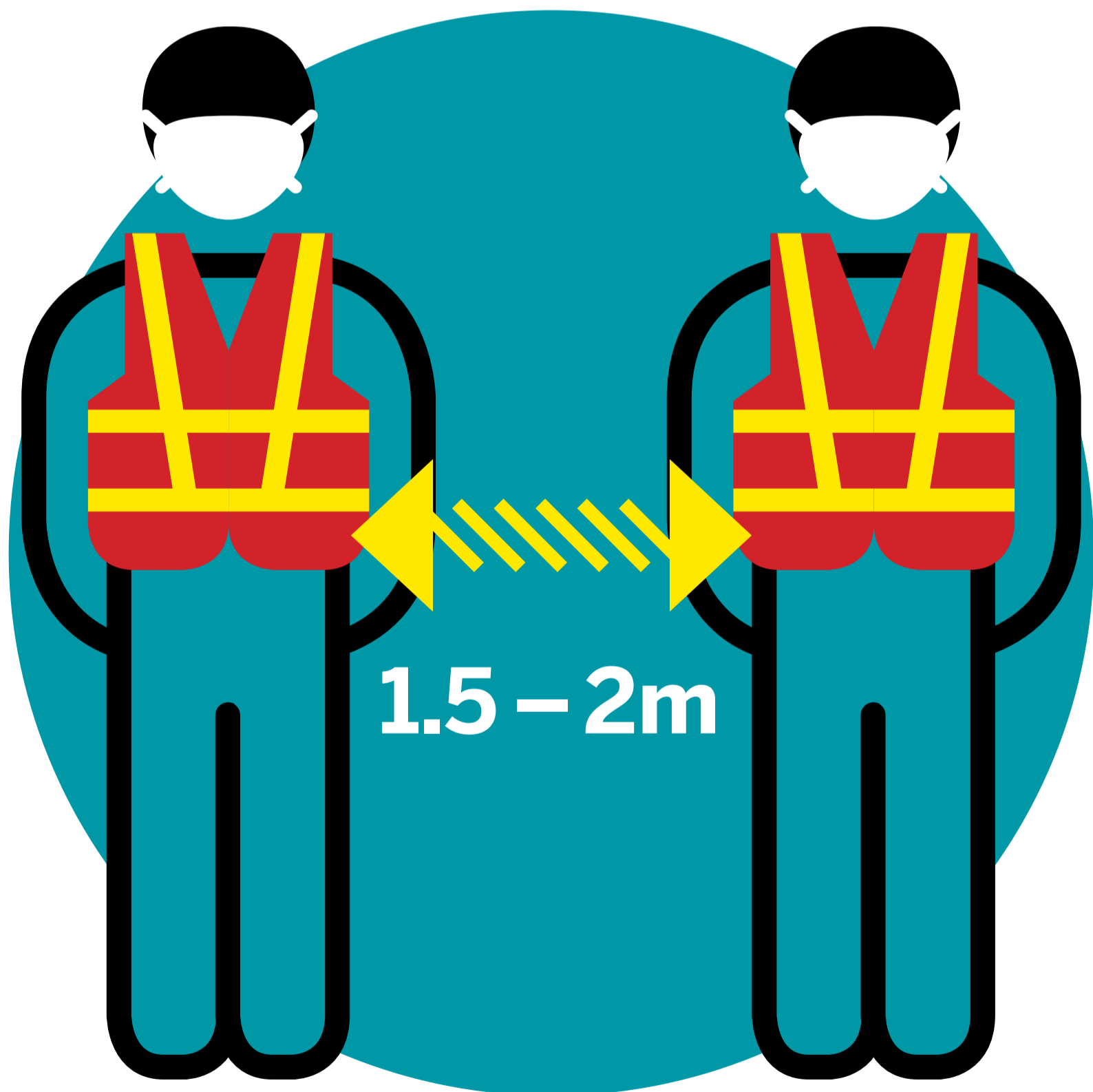


do not touch your face, your eyes, nose or mouth

until you have washed your hands – **clean hands helps to keep you safe from the virus**



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**



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



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**

