

reduce your risk of coronavirus infection.



- ✓ clean your hands with soap and water or alcohol based hand rub
- ✓ cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- ✓ put used tissues in the bin immediately



- ✗ avoid close contact with anyone with cold or flu-like symptoms
- ✗ do not touch your eyes, nose or mouth if your hands are not clean
- ✗ avoid shaking hands, kissing or hugging

If you are feeling unwell, please speak to your line manager and/or HR team immediately.



if you have been abroad to a **coronavirus high risk** country in the last 14 days...

- ✓ stay indoors and avoid contact with others
- ✓ contact NHS 111 for advice
- ✗ don't go to work, schools or public areas
- ✗ avoid visitors in your home
- ✗ avoid using public transport or taxis

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