PLAYING YOUR PART

HANDS
Wash your hands for at least 20 seconds; use hand sanitiser.

HOUSEHOLD
Your flat, corridor or house is your household. Government guidelines on households apply.

FACE
We strongly encourage wearing a face covering when appropriate to do so.

SYMPTOMS
If you have symptoms of Covid-19 you and your household must self-isolate and get tested.

SPACE
Maintain social distancing by staying two metres apart wherever possible.

TEST
Book a test via NHS.uk/coronavirus. If you test positive, share your contacts via NHS test and trace.