

How have you kept safe today?

Wash your hands often with soap and warm water for 20 seconds



Wipe down surfaces that are touched a lot, like phones, remote controls, door handles, bannisters



Keep at least two meters apart from others whenever possible out of the house



Don't touch your face, eyes, nose or mouth with unwashed hands



Make sure I do these things all day, every day!

Let fresh air into the house by opening windows a few times a day and keeping vents open



If away from home, use hand sanitiser and wear a face covering (unless you're exempt)



Cough or sneeze into a tissue and then throw it away. You can use your elbow if you don't have a tissue



Avoid sharing things like towels, cutlery and crockery



If you or anyone you live with has one of the main symptoms of coronavirus, please isolate and get tested straight away. The sooner you get a test, the better.