



Avoid touching your face

If the virus is on your hands when you touch your face, it may enter your body through your eyes, nose or mouth.

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Cough or sneeze into your bent elbow, not your hands

This helps to stop your hands becoming contaminated with the virus. Turn your head away from other people and do not cough or sneeze into the air.

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Are you safe?

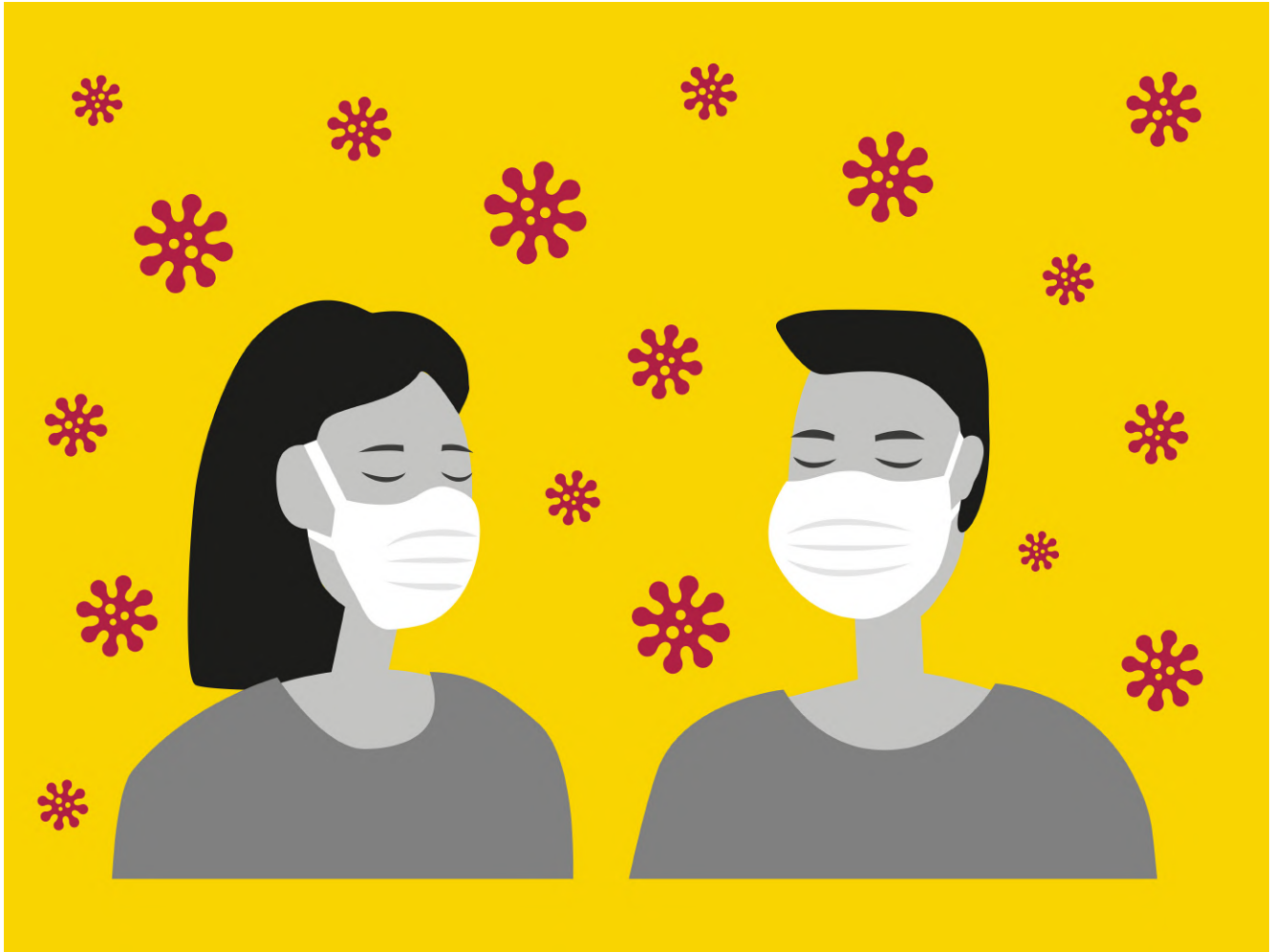
Spending more time at home than usual may increase the risk of domestic violence. If you are at risk of abuse, or know someone else who might be, speak to someone you trust or call your local helpline: 000 0000 0000.

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Face coverings must be used correctly to reduce the spread of the virus

It is important to wear, store, clean and dispose of masks correctly. Vaccines remain the most effective way to prevent infection and transmission of Covid-19

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Keep children safe

Because of Covid-19, children at risk of abuse and neglect may not be able to access school or other safe places. This means that teachers and other professionals may not notice if they need help. If you are concerned about a child, contact your local child protection service or helpline.

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Clean surfaces regularly

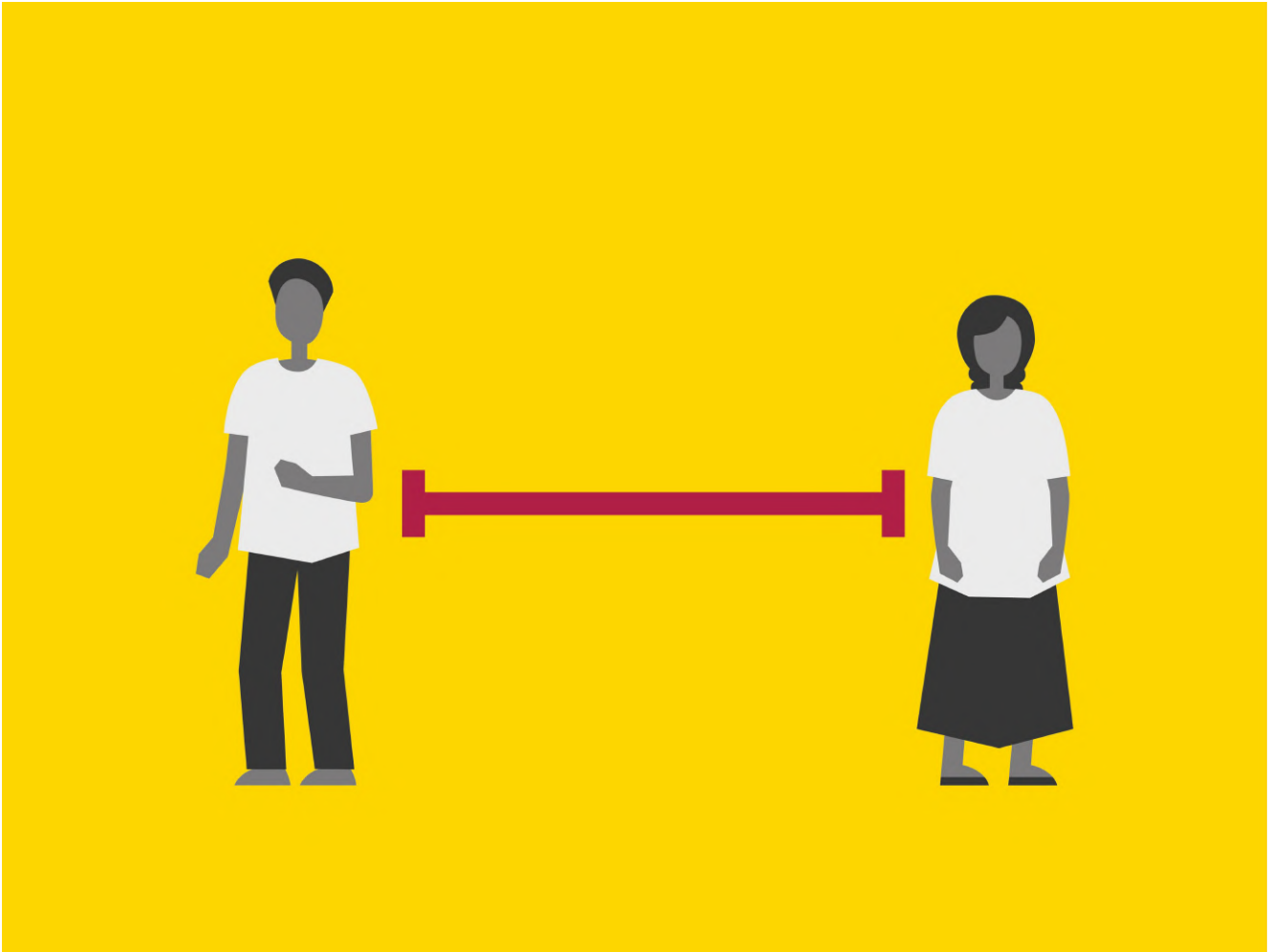
The virus that causes Covid-19 can live on surfaces touched by someone who has the infection. Clean surfaces regularly with disinfectant to reduce the spread of the disease.

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Keep your distance

Reducing physical contact helps to prevent the spread of Covid-19. Stay at least two metres (six feet) away from people not in your household.

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Protect vulnerable people

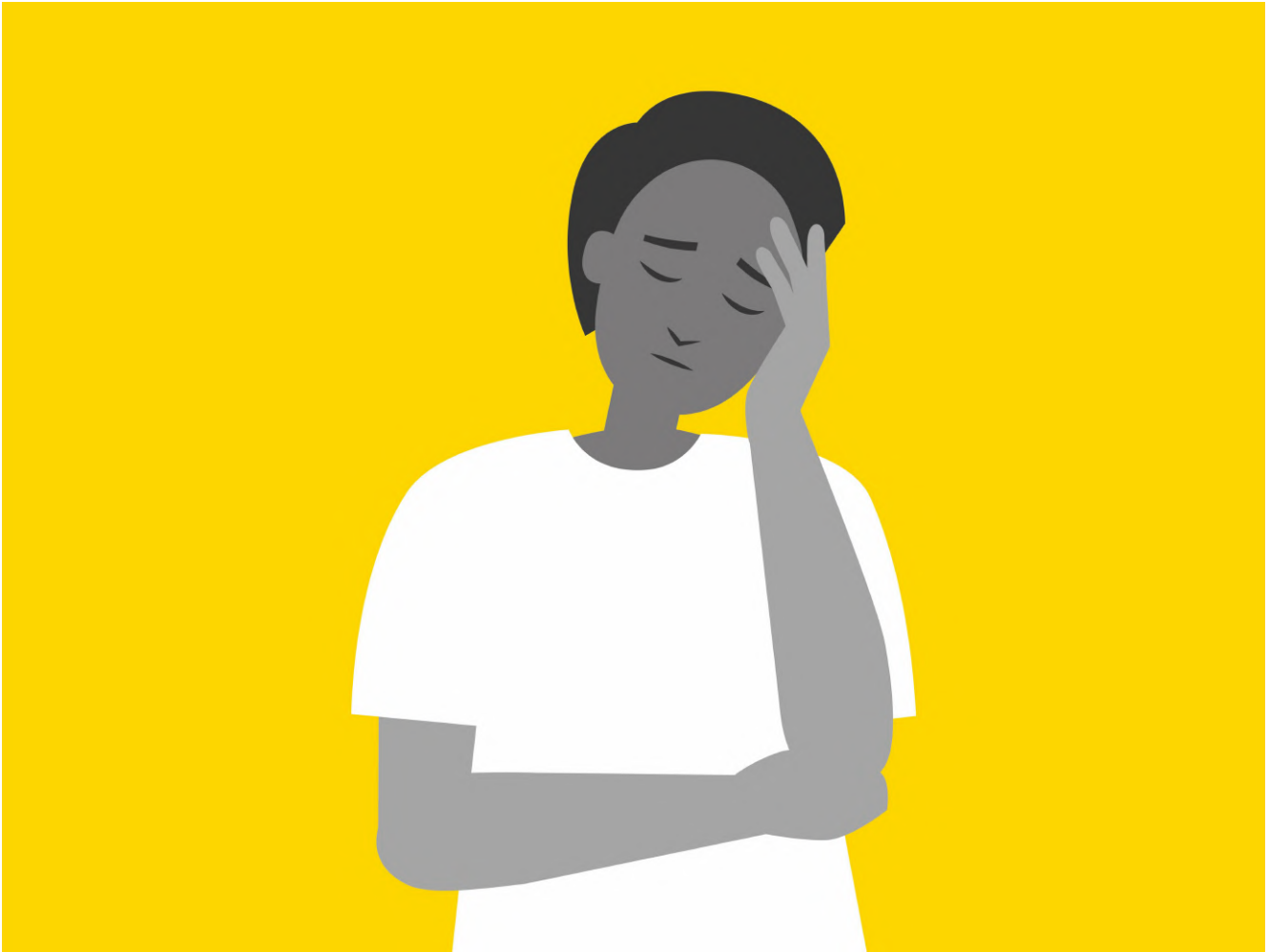
The elderly and people with existing health conditions are at greater risk of becoming very ill with Covid-19. Some people living with disabilities may also be at particular risk and will need additional help. Support vulnerable people to stay at home to help protect them from the virus.

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How are you feeling?

There are many challenges associated with the Covid-19 pandemic and it is normal to feel stressed, anxious and scared. If you are finding it difficult to cope, talk to a close friend or family member about how you are feeling. It is important to ask for help if you need it.

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If you can, stay at home

Reducing physical contact with people not in your household will help to protect your loved ones and slow down the spread of Covid-19. Stay at home as much as possible and avoid gathering in groups.

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Are you safe online?

To keep yourself safe online, use secure passwords and do not post any personal information such as your name and where you live. Think carefully before sharing photos of yourself or other people. If you are approached by a stranger or you see something that upsets you, speak to an adult you trust.

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Is your child safe online?

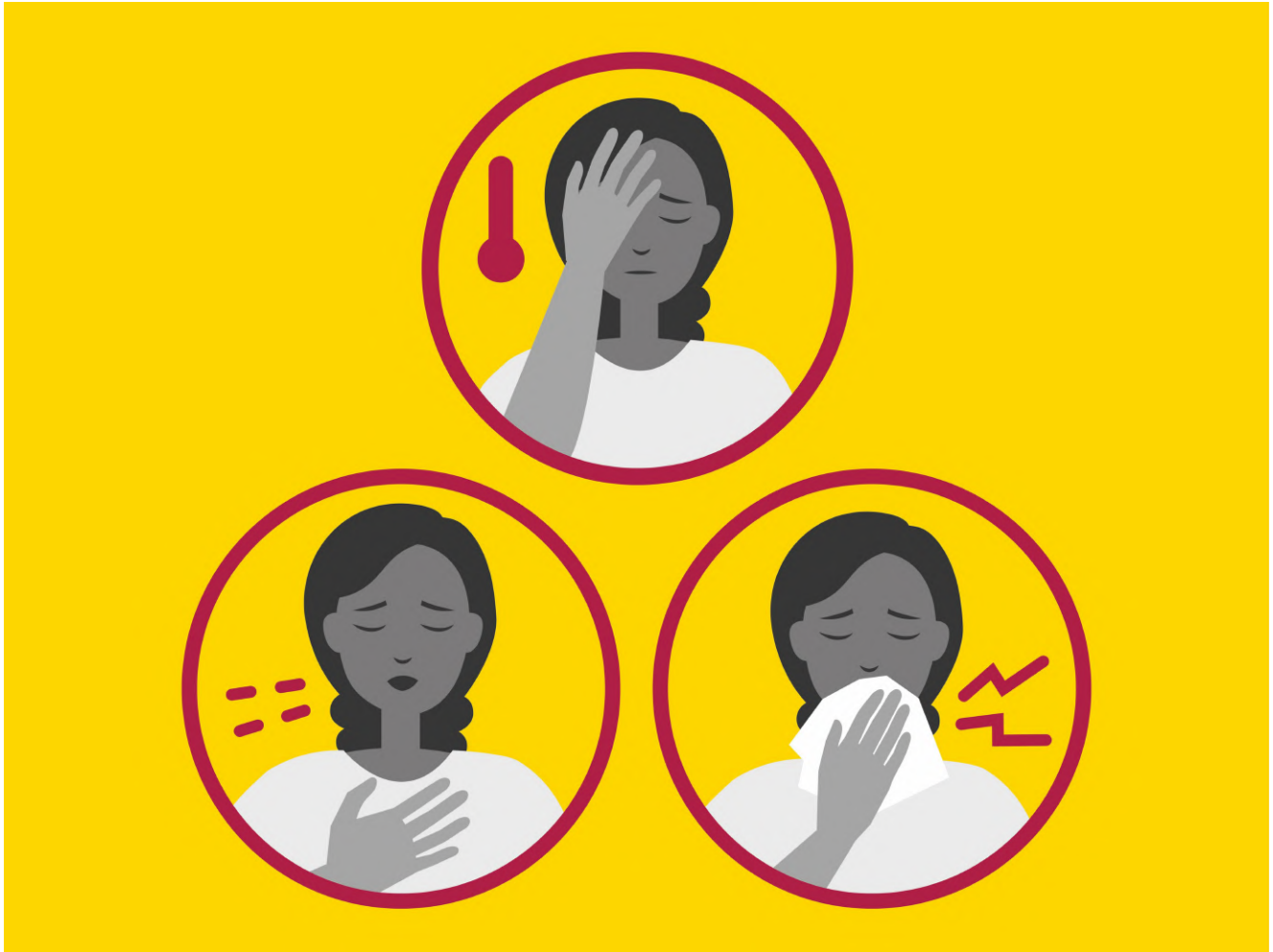
Many children are spending more time online than usual because of the Covid-19 pandemic. To keep them safe, help them to use secure passwords and make sure that they do not post any personal information. Ask them to tell you if they are approached by a stranger or something upsets them.

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Know the symptoms

If you have a fever, cough or difficulty breathing you may have Covid-19. Follow the advice of your local health provider. You may be asked to stay at home and avoid contact with others if your symptoms are mild.

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Cough or sneeze into a tissue

Droplets from an infected person can travel in the air and infect another person. Covering your mouth and nose with a tissue to catch these droplets helps to reduce the spread of the virus. Dispose of the tissue immediately. If you do not have a tissue, use your bent elbow.

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Wash your hands with soap for at least 20 seconds

Frequent handwashing with soap and water or an alcohol-based hand sanitiser is the most effective way to protect yourself and others from Covid-19.

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