



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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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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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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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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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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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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Avoid touching your face

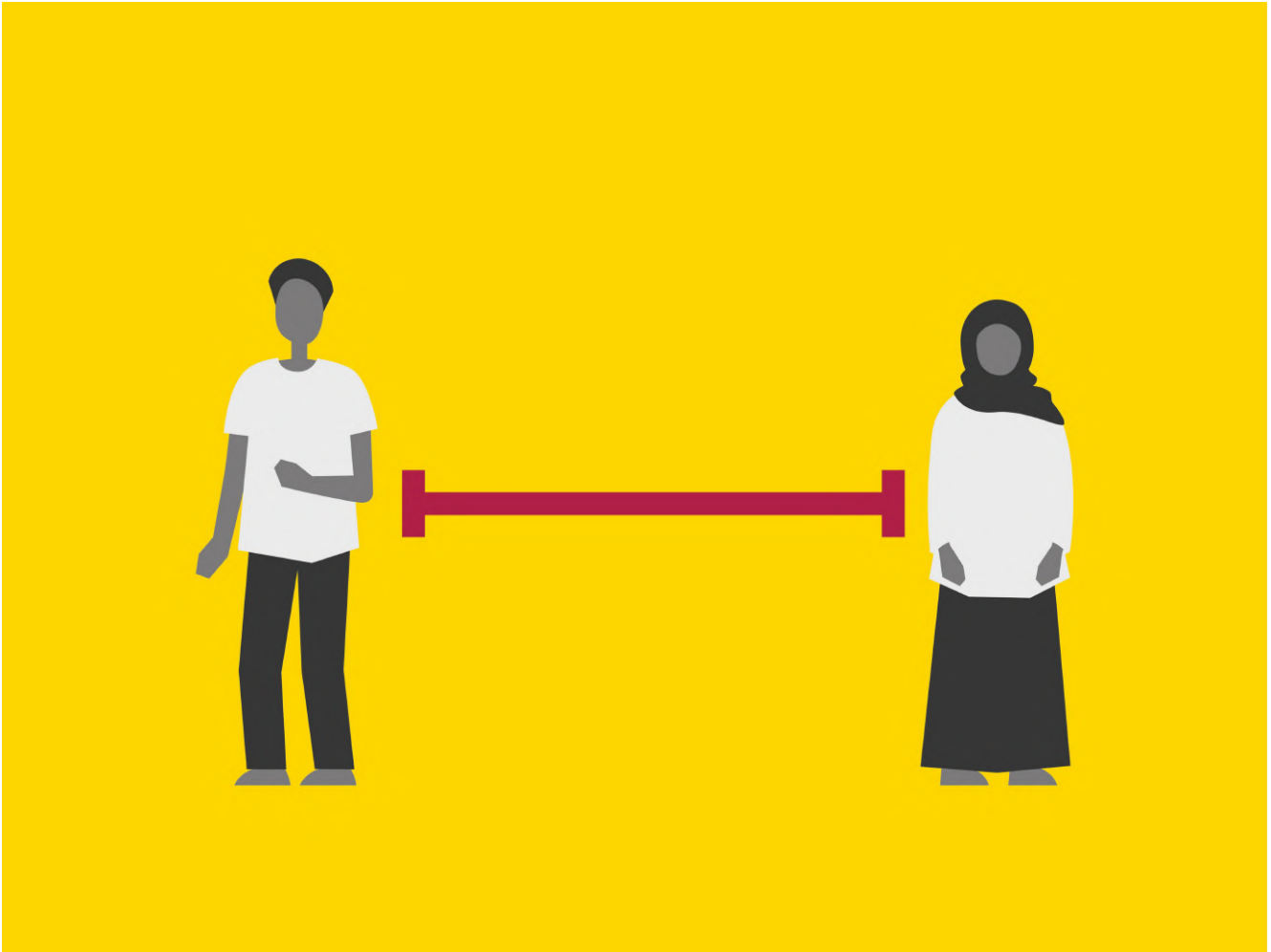
If the virus is on your hands when you touch your face, it may enter your body through your eyes, nose or mouth.

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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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