Coronavirus **COVID-19**



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Public Health

Advice

**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

**If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days**. Check the list ofaffected areas on https://www.who.int

**All people are advised to:**

* **Reduce** social interactions
* **Keep a distance** of 2m between you and other people
* **Do not** shake hands or make close contact where possible

If you have symptoms phone (**ENTER NATIONAL EMERGENCY NUMBER**)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **How to Prevent** |  |  | **Symptoms** |  |
|  |  |  |  | > Fever (High Temperature) |  |
|  |  |  |  | > A Cough |  |
|  |  |  |  | > Shortness of Breath |  |
|  |  |  |  |  |
|  |  |  |  | > Breathing Difficulties |  |
| **Stop** | **Distance** | **Wash** | **For Daily** |  |
| **Updates Visit** |  |
| shaking hands or | yourself at least | your hands well and | (Enter national website) |  |
| hugging when saying | 2 metres (6 feet) away | often to avoid |  |
|  |  |
| hello or greeting | from other people, | contamination |  |
|  |  |
| other people | especially those who |  |  |  |  |
|  | might be unwell |  |  |  |  |

**>INSERT LOGO<**

|  |  |  |
| --- | --- | --- |
| **Cover** | **Avoid** | **Clean** |
| your mouth and nose | touching eyes, nose, | and disinfect |
| with a tissue or sleeve | or mouth with | frequently touched |
| when coughing or | unwashed hands | objects and surfaces |
| sneezing and discard |  |  |
| used tissue |  |  |