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Coronavirus Help stop the Spread

Follow these six to protect yourself and those around against coronavirus

What YOU need to do

1. WASH YOUR HANDS REGULARLY Wash thoroughly for at least 20 seconds with soap and water or a sanitiser containing at least 60% alcohol.

2. DON'T TOUCH YOUR FACE Avoid touching your eyes, face and mouth with your hands.

3. USE A TISSUE Tissues to be used to block coughs and sneezes, then thrown immediately in the bin.

4. DON'T SPRAY Cover sneezes & coughs with a tissue or with a sleeve or elbow.

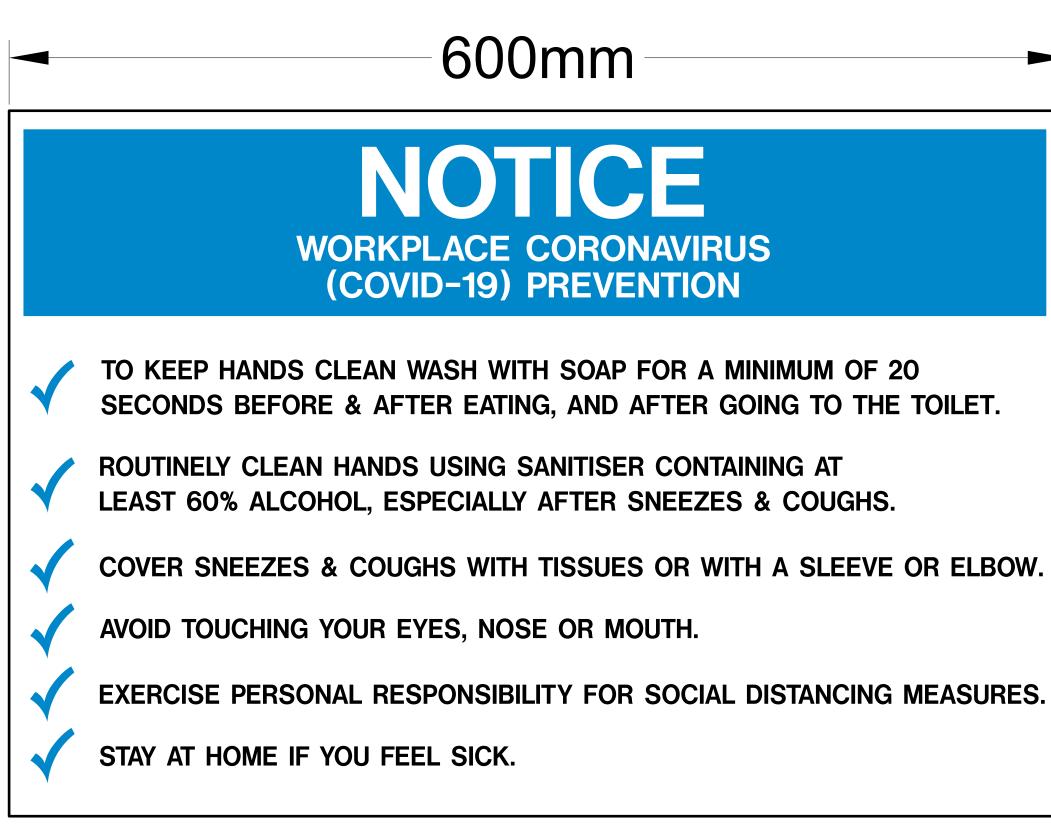
5. REGULARLY REFRESH Keep hands clean by washing frequently or using a hand sanitizer.

6. ISOLATE Exercise personal responsibility for social distancing measures.

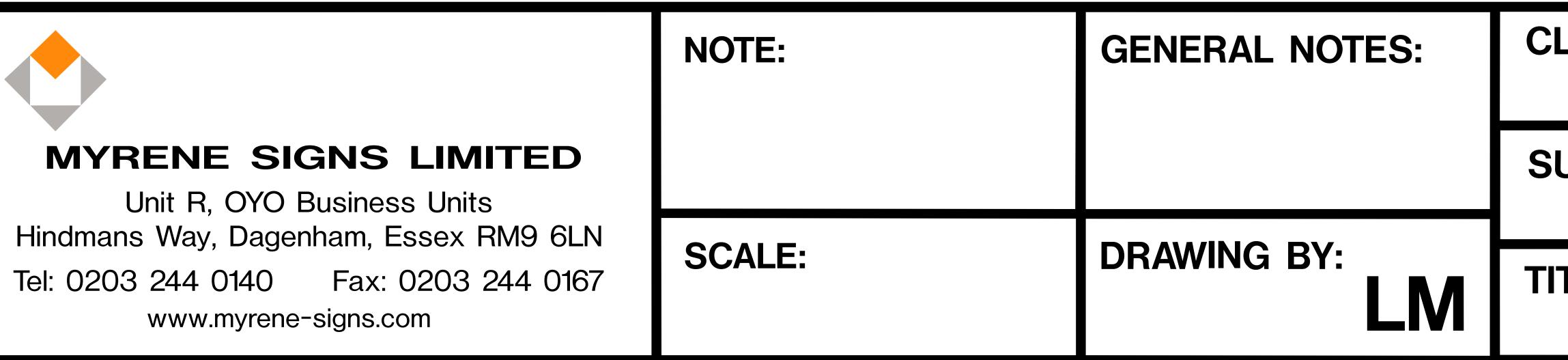
SIGNS AND SYMPTOMS OF CORONAVIRUS Headache, dry cough and fever



Stay home if you feel unwell.





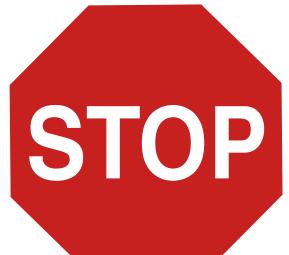


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CORONAVIRUS INFORMATION

In response to the recent outbreak of the Coronavirus (COVID-19) we ask all visitors to self-screen before entering the building, to help lessen the spread of the virus.

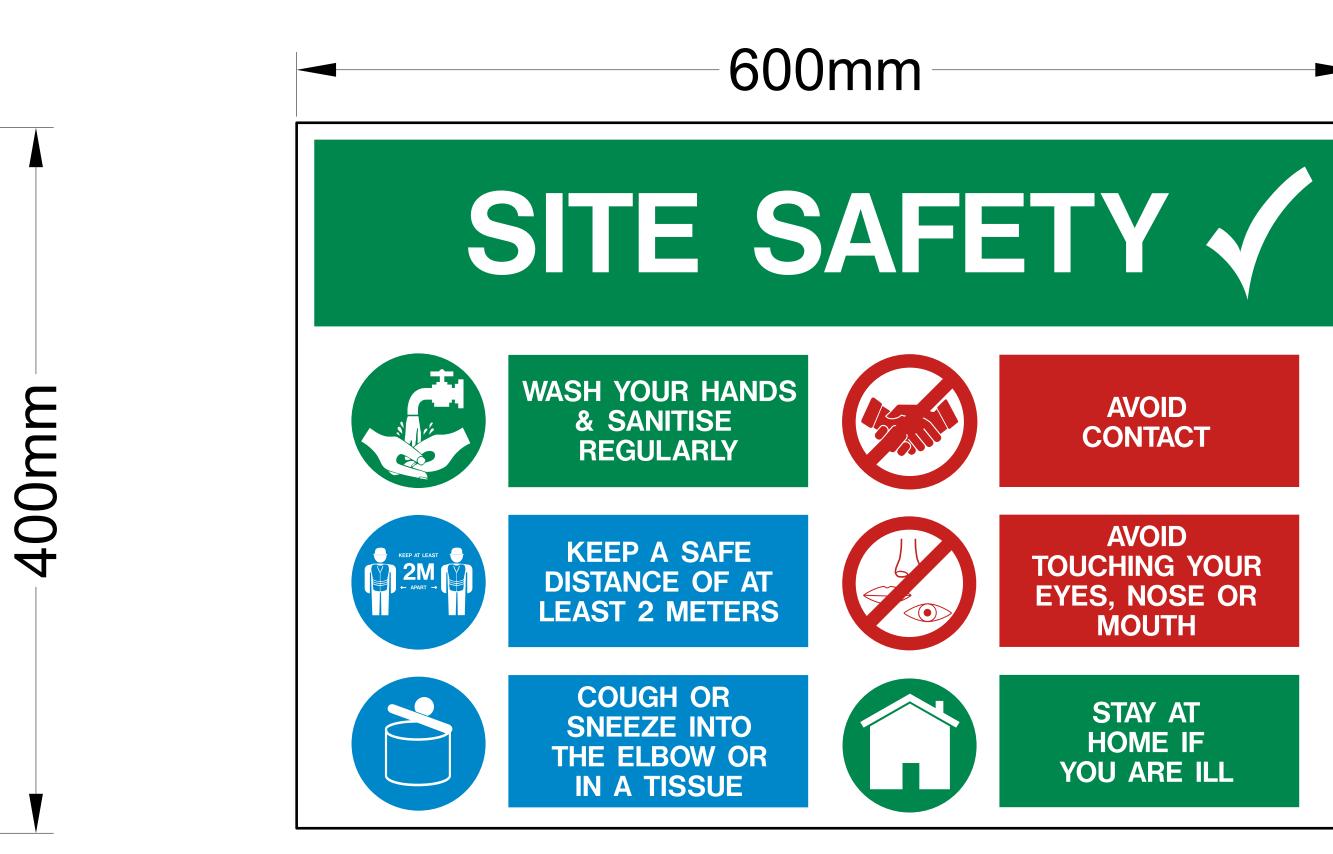


1. You have signs of a fever or a high temperature. 2. You have a persistent cough 3. You have had contact with any possible person with the virus

If you have met any of the above criteria please return home and contact NH'S 111 for advice.

- If you are safe to enter please do
- so and follow the guidance below: I. Wash your hands regularly with soap and water
- or with an alcohol based hand sanitizer.
- Avoid touching your face with your hands.
 If you need to cough or sneeze use a tissue
- If you need to cough or sneeze use a tissue and bin it after use.
 Where possible avoid contact with vulnerable and the elderly and those with ongoing health conditions.

CV 2



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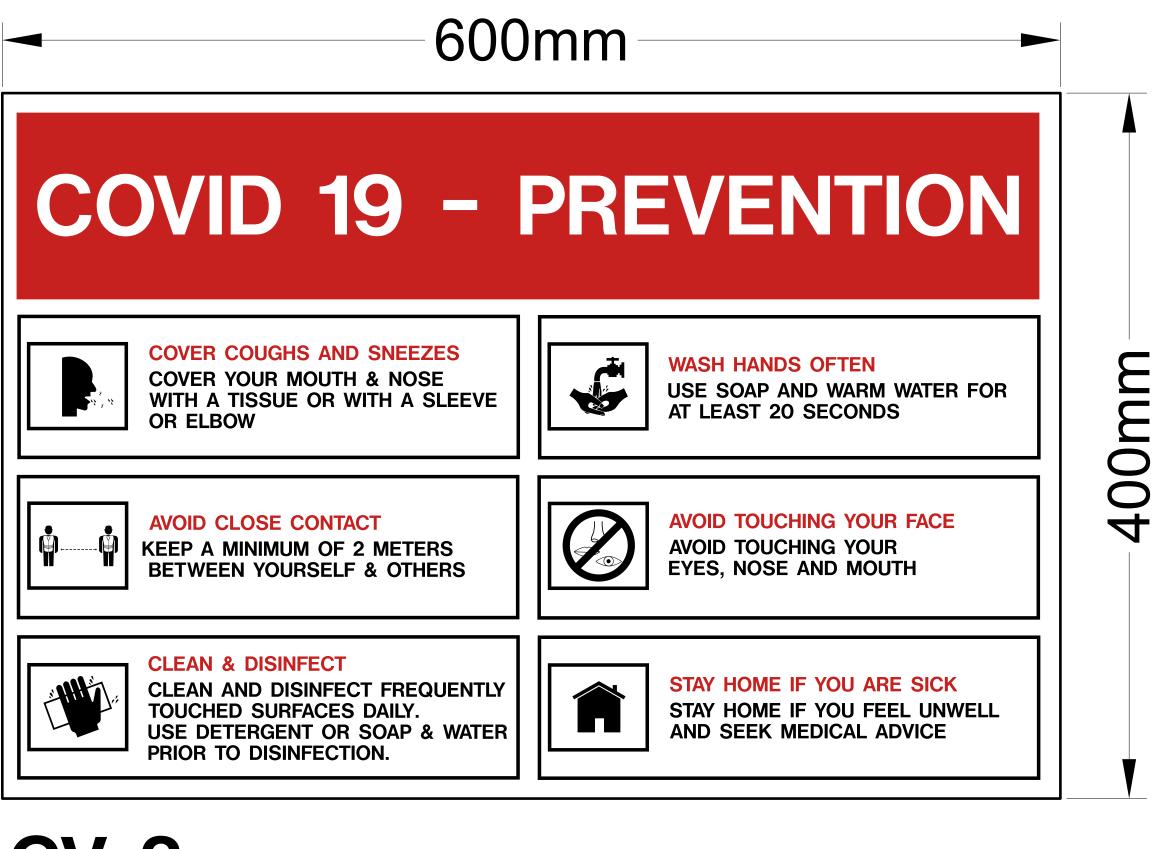
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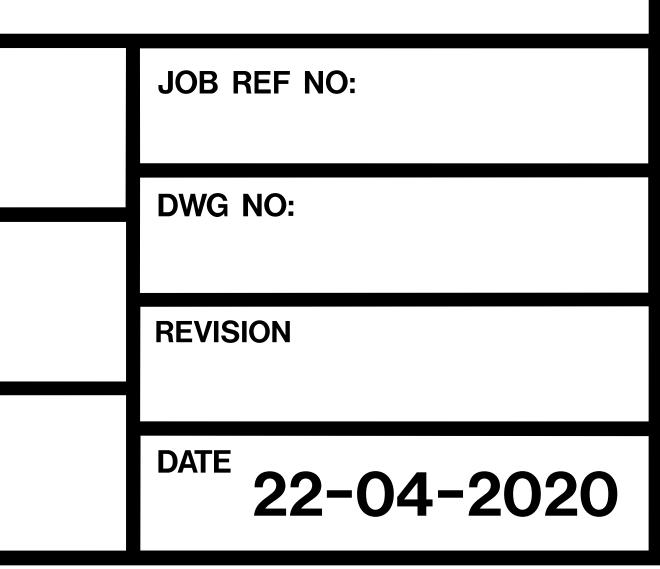
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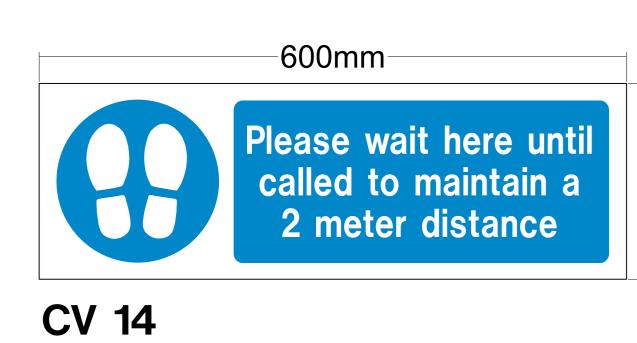






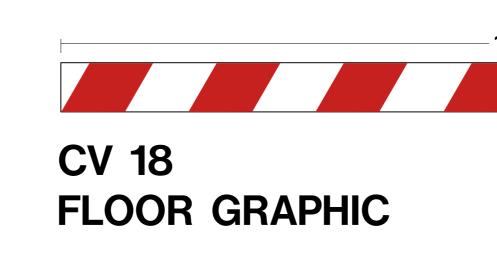








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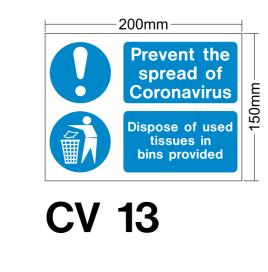


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