

Use a tissue or sneeze into your elbow

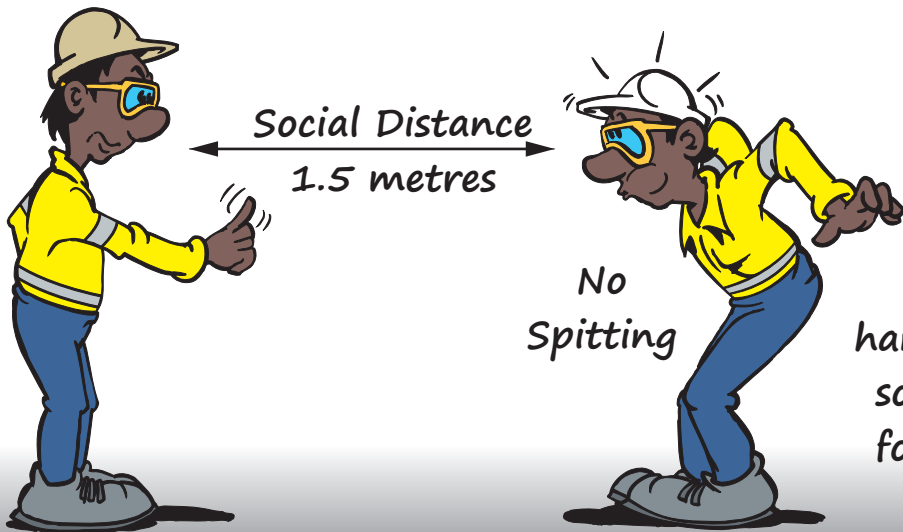
Throw tissue straight in the bin after use



Stay at home if feeling sick

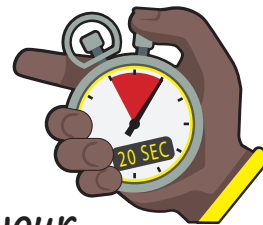


Seek medical help if feeling flu symptoms

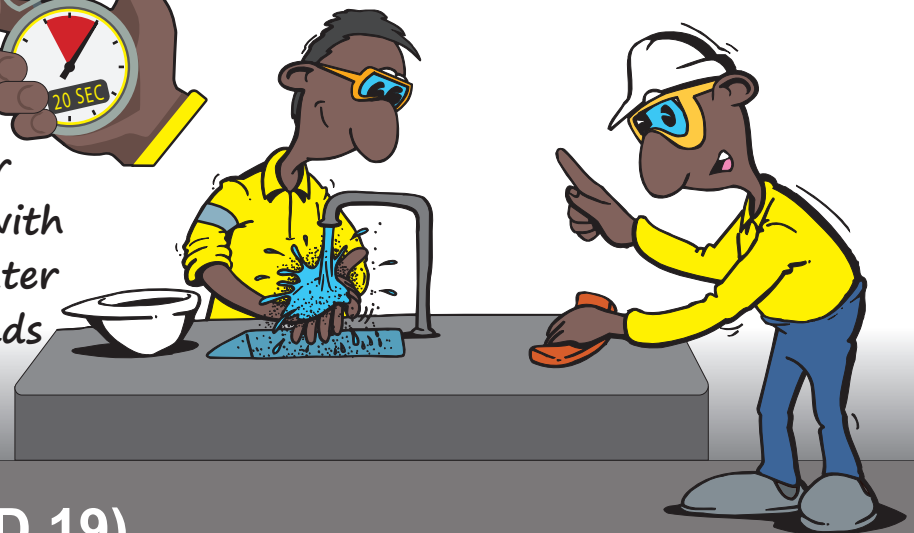


Social Distance  
1.5 metres

No Spitting



Wash your hands often with soap and water for 20 seconds



Clean and disinfect surfaces