

Protect yourself and others from Covid-19

Follow the advice



Stay at home if you feel sick.



Keep distance from others.



Wash your hands thoroughly and often.



Meet others safely, no more than 8 people.



If you or somebody you live with has confirmed Covid-19 you should all stay at home.



Get a test if you have had flu symptoms for longer than 24 hours. Testing can be done by taking a self-test or by contacting your health centre. If you do a self-test ask somebody who is healthy to collect the test.



If you are sick or have symptoms ask somebody who is healthy to do your shopping.

Keep going stay strong, together we can stop the spread of infection.