

# Stop the spread of Covid-19

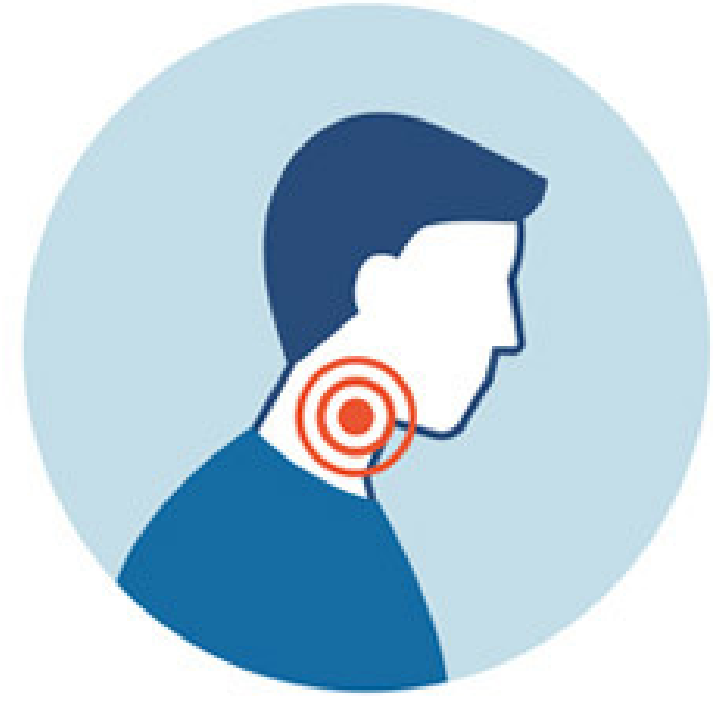
If you present any of these symptoms



High  
Temperature  
or Fever



Continuous  
Cough



Shortness  
of Breath

Please return home and contact NHS 111 service for  
more advice.



Wash your hands frequently for at least 20  
seconds with HOT water



Maintain a safe social distance



Avoid touching your eyes, nose or mouth  
unnecessarily

DINE | STAY | RELAX