

Coronavirus COVID-19

Prevention Steps



COVER

Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Always put your tissue straight into the bin after use.



WASH

Wash your hands really well with soap for at least 20 seconds. (Sing Happy Birthday twice, or say the Our Father Prayer once slowly).



AVOID

Do not touch your eyes, nose or mouth with unwashed or dirty hands.



CLEAN

Clean and disinfect all surfaces and items you use regularly for example: kitchen tops, tables, door handles, remote controls, phones, baby bottles. Don't forget to clean surfaces in your car /van if you're visiting the shop such as: door handles or steering wheel.