

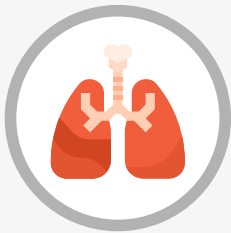
A reminder of the symptoms of Covid-19



Coughing



Fever



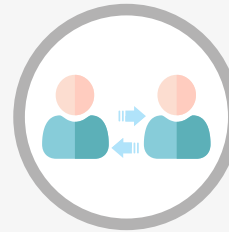
Shortness of breath

We are committed to safeguarding your team and your customers. To help you and your team follow Government guidelines, here's a reminder of the main points

If you are well, make sure that you...



Keep your hands clean



Keep your distance



Don't touch your face



Take your own food and drink



Wear gloves when fitting



Use toilets away from homes where possible

If you have...

A new continuous cough, fever or high temperature



Self-isolate for 14 days

Your cleanliness pack

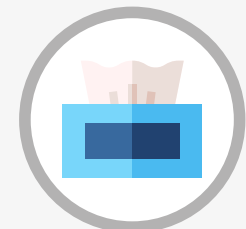
When you're out and about it can be difficult to access washing facilities. So that you can still keep your hands clean, we suggest keeping with you...



Handwash, soap or alcohol gel



Clean water to rinse



Paper towels & tissues

Visit the NHS 111 website for more information.

Keep regularly updated with Government guidelines



Handwashing reminder

Use enough soap to cover your hands. Wash front, back, between fingers, palms and thumbs for 20 seconds. Rinse and dry thoroughly.

Visit the NHS website to see the hand washing video