

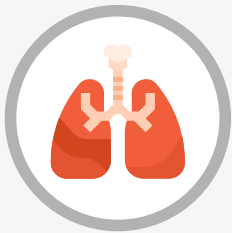
A reminder of the symptoms of Covid-19



Coughing



Fever



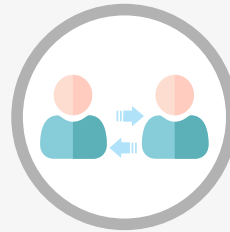
Shortness of
breath

We are committed to safeguarding our team and our customers. To help you and us 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

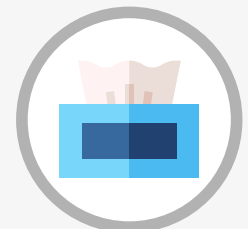
When you're out and about it can be difficult to access washing facilities. So that you can still keep your hands clean, we suggest keeping with you...



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