

COVID-19 VIRUS

How do I stay safe?



**Wash your
hands**



**Use a tissue
for coughs**



**Avoid touching
your face**

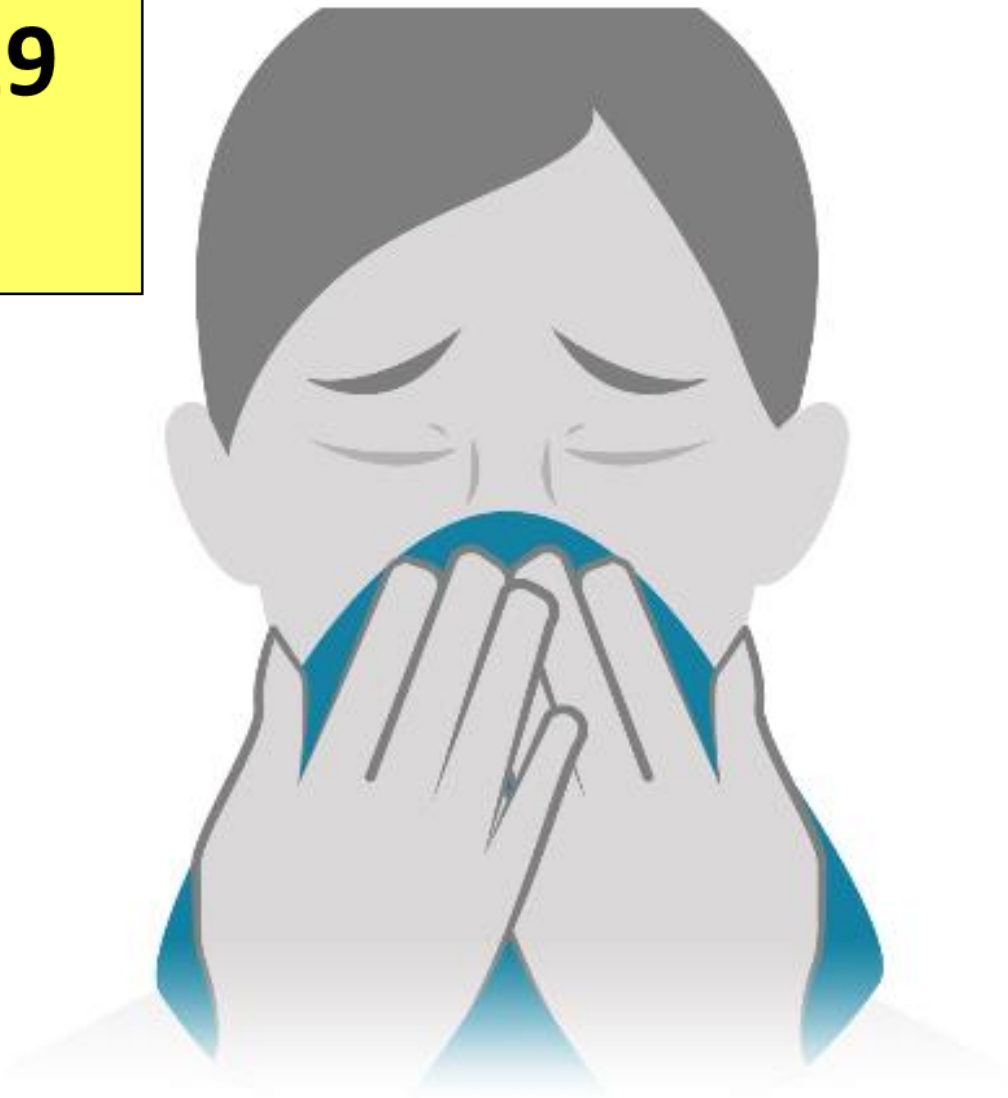
COVID-19 VIRUS

How do I
protect
myself?



**Wash hands for about 20 seconds
with soap and hot water or use a
sanitiser gel**

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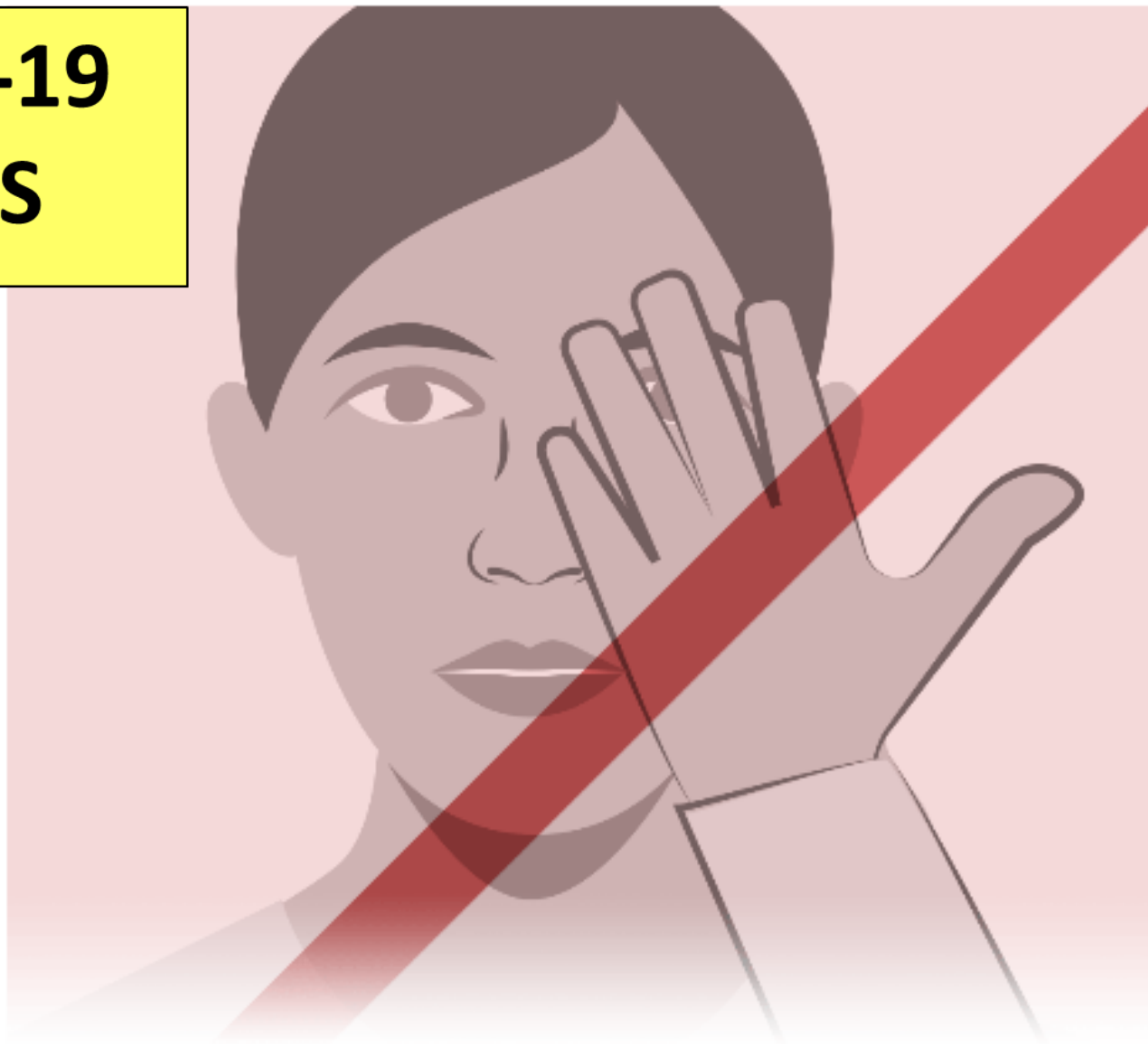
**Use a tissue for coughs
and sneezes**

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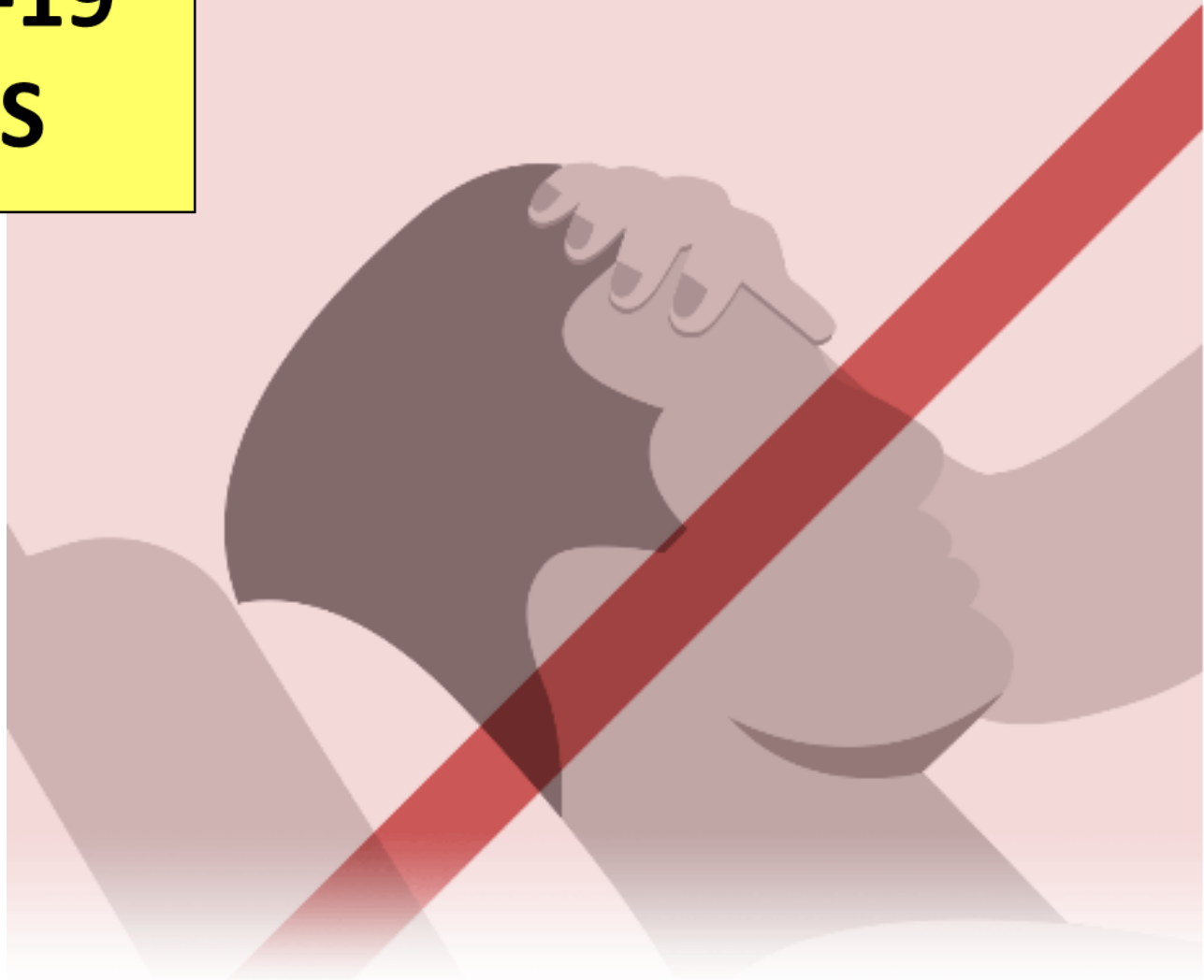
**If you don't have a tissue
use your sleeve**

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**Avoid touching your eyes,
nose and mouth
with unwashed hands**

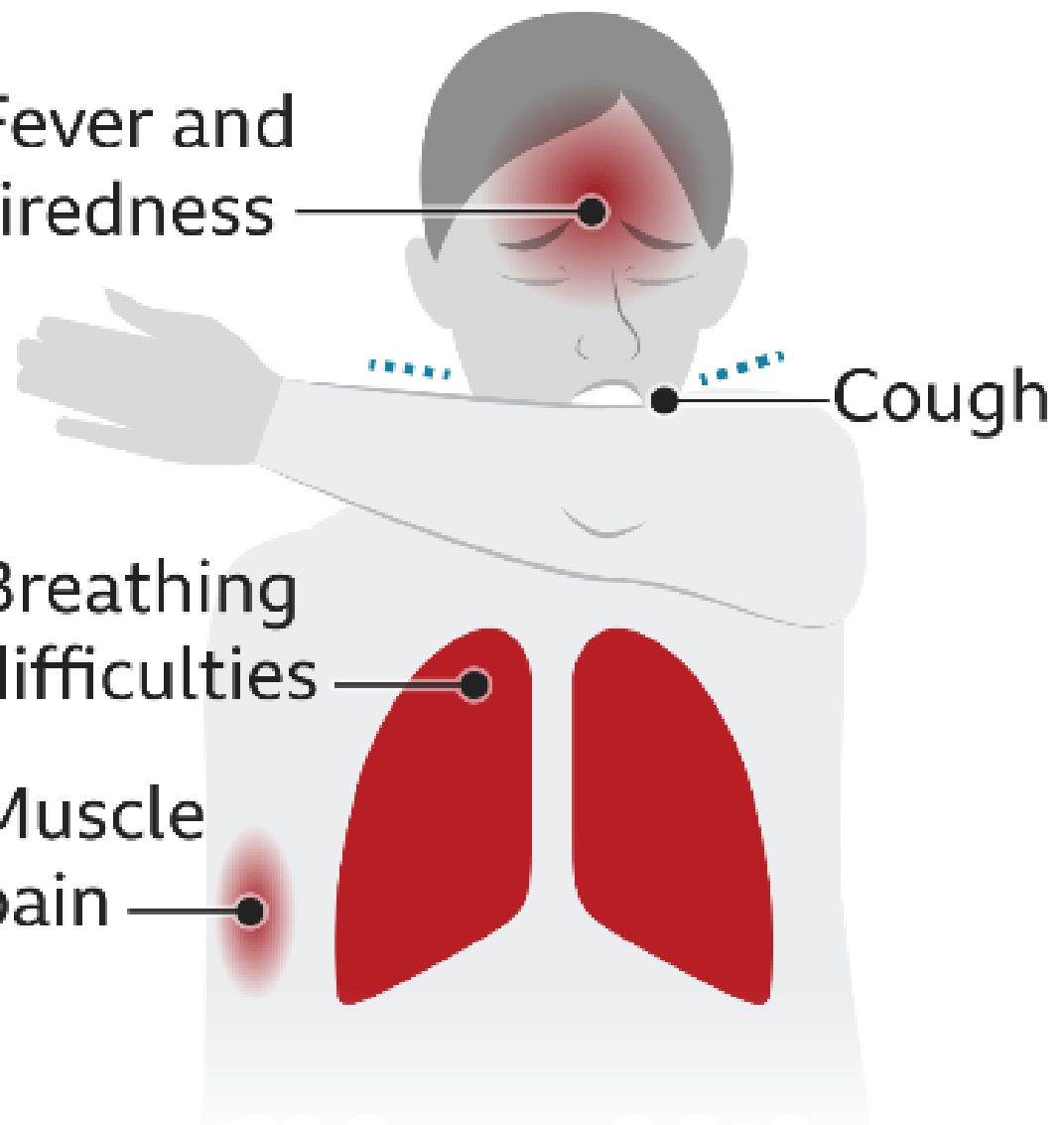
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**Avoid close contact with
people who are unwell**

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Fever and
tiredness



Cough

Breathing
difficulties

Muscle
pain

What are
the
symptoms?

If you think you might have the
virus, these are the symptoms
to look out for

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[Click NHS 111
online
assessment](#)

**Ring 111 if you are in the UK,
do NOT go to a GP surgery,
pharmacy or hospital**

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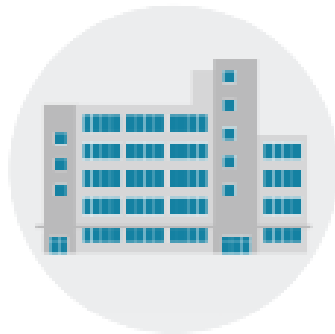


**You may be asked to stay
at home**

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You may be tested for the virus



at hospital



**at a
drive-thru
testing point**



at home



PAM Group
Holly House 73-75 Sankey Street Warrington Cheshire WA1 1SL

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