

COVID-19: Five steps to look after yourself and others

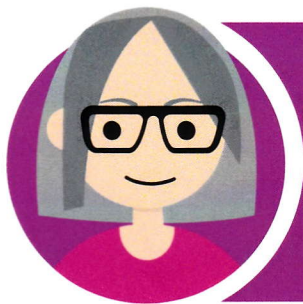


Take care of yourself and stay healthy

One of the best ways to protect others is to protect yourself.

- Wash your hands regularly and thoroughly with soap and water for 20 seconds and dry thoroughly.

- Isolate yourself from others as much as possible. Stay away from places where people gather, like bars, clubs and cinemas.



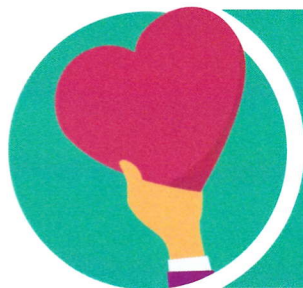
Call, chat, check

Swap phone numbers with your immediate neighbours.

- Check on your neighbours and loved ones, particularly if they are elderly or vulnerable.

- Help to provide them with food and other essential supplies if you can.

- Alert relevant organisations if you are concerned about the wellbeing of others.



Be Kind. Think of others

Please shop considerately. Don't bulk-buy essential items like toilet paper, long-life foods or baby supplies.

- Use local community social media groups to share information and advice.

- If you have surplus supplies of essential items, consider offering them to people in need.

- Avoid wasting food – you could even sow fast growing seeds like cress or lettuce.

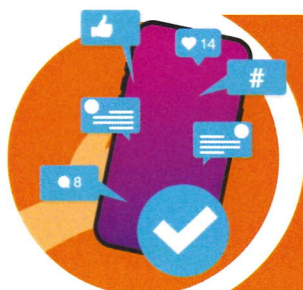


Get online to stay in touch

Being in self-isolation doesn't mean cutting yourself off from others.

- Consider using methods like video calling on your phone or computer to speak to friends and loved ones.

- For those who are not online, a telephone call is the ideal way to stay connected.



Share accurate advice and information

We live in a world of rumour and misinformation – make sure you're accessing and sharing accurate news.

- Use reputable and verified news sources – if you hear something that doesn't sound right, do some research on websites you trust.

- Our website is being updated regularly with all the latest news about the ongoing situation.