

CORONAVIRUS

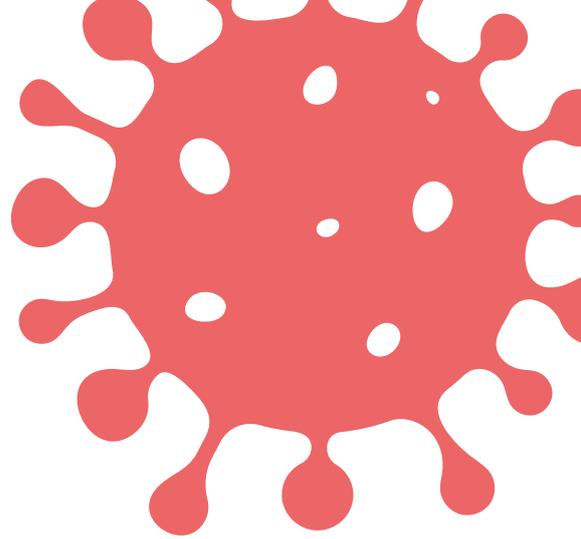
What you should do

WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with soap and water (for 20 seconds) or with an alcohol-based hand rub if you have no immediate access to soap and water.

Remember to also wash your hands immediately after you've been handling cash – notes carry lots of germs!

WHY? Washing your hands properly removes dirt, viruses and bacteria from the skin, preventing the spread of infections to other people you may come into contact with.



MAINTAIN SOCIAL DISTANCING

Maintain at least 2 metres (approx. 6 feet) distance between yourself and other people who do not live in your household. You should only leave your home for one of the reasons laid out by the government. Work from home where possible.

WHY? When someone coughs or sneezes they spray small liquid droplets from their mouth or nose which may contain viruses. If you are too close, you can breathe in these droplets, including the COVID-19 virus if the person coughing has the disease.

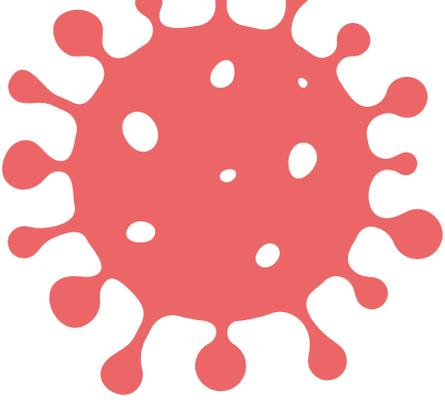


2 METRES
(APPROX 6 FEET)

AVOID TOUCHING YOUR FACE

WHY? Our hands touch many surfaces and can pick up viruses from this contact. Once contaminated, unwashed hands can transfer microbes into your body via your eyes, nostrils or mouth.





PRACTISE CATCH IT, BIN IT, KILL IT

Cover your mouth and nose with a tissue when you cough or sneeze then dispose of the used tissue immediately. If you do not have a tissue, use your bent elbow. Wash your hands immediately after.



WHY? Droplets spread viruses. By Catch it, bin it, kill it will protect the people around you from viruses such as cold, flu and COVID-19.

SEEK MEDICAL CARE EARLY IF YOU DISPLAY SYMPTOMS

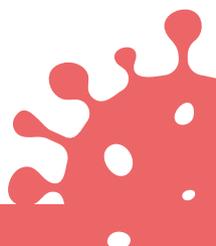
If you have a fever, dry cough and/or difficulty breathing, seek medical attention by visiting 111 online www.111.nhs.uk/covid-19 Follow the directions of your local health authority.



WHY? National and local authorities will have the most up-to-date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

STAY INFORMED AND FOLLOW ADVICE GIVEN BY YOUR HEALTHCARE PROVIDER

WHY? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.



Contacts

Irish Community Care

Tel: 0151 237 3987 or 07742 129809

Visit: www.iccm.org.uk

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