Each time we come into contact with someone, we are at risk of picking up viruses – not just from them but from everyone they have been in contact with over the last 2 weeks.

We can catch Coronavirus from someone even if they have no symptoms.

Through the air: By touching surfaces with viruses on:

Every step you take to reduce the amount of virus in your home will help to keep everyone in the home well.

For more information, see [www.germdefence.org](http://www.germdefence.org)
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Things you can do all the time:

- ☐ Wash hands often for 20 secs
- ☐ Clean surfaces that other people touch
- ☐ Leave deliveries for at least 1 day

Things you can do if anyone in the home may have the virus, or has been in close contact with anyone who may have the virus:

- ☐ Open windows to keep air fresh
- ☐ Spend more time in separate rooms
- ☐ Keep 2m apart

☐ Wear a clean face-covering and glasses or sunglasses if you need to be closer than 2m

For more information, see www.germdefence.org