



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



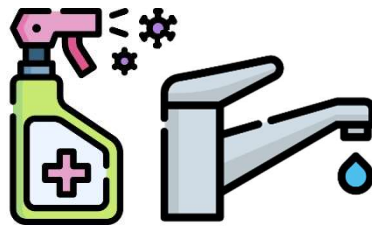
Every step you take to reduce the amount of virus in your home will help to keep everyone in the home well.

Things you can do **all the time**:

Wash hands often for 20 secs



Clean surfaces that other people touch

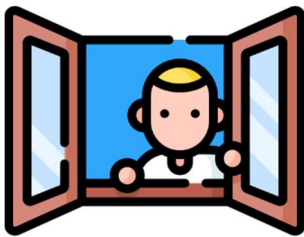


Leave deliveries for at least 1 day



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**:

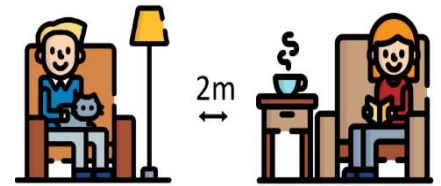
Open windows to keep air fresh



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



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