How to stay safe from COVID-19

COVID-19 is a new infection that's more serious in some older people. You've probably seen a lot about it on the news and noticed things changing around you because of it.

No matter where you live, you want to see your family and friends as often as you can. You might be worried about COVID-19 but there are ways you can connect with your loved ones while protecting yourself and others from the virus.

GOOD HYGIENE STOPS GERMS ENTERING YOUR BODY

- Wash your hands often and thoroughly with soap and water or alcohol gel.
- Use your elbow or a tissue to cover your cough or sneeze.
- Disinfect things you touch often like handles, rails, keys, remote controls and your phone.
- Stop touching your face to prevent germs on your hands getting into your body.

PHYSICAL DISTANCING STOPS THE VIRUS TRAVELLING TO YOU

- Keep at least 1.5m away from other people
- See fewer people, less often and for a shorter time. Reducing the frequency of visits and the number of visitors helps reduce the risk of getting COVID-19.
- When you do have visitors, you shouldn't hug, kiss or shake hands with them, no matter how much you want to. You need to stay 1.5m away, even though it's very hard.

THE FLU SHOT HELPS YOU STAY HEALTHY

It doesn't stop you getting COVID-19 but it helps you avoid the flu, which is also a serious illness. Staying as healthy as you can puts you in a better position with COVID-19.

REPORTING ANY SYMPTOMS IMMEDIATELY PROTECTS OTHERS

Tell your doctor or carer if you have a fever, cough, sore throat, difficulty breathing or any other symptoms. A test will be conducted and you will need to isolate to help stop the virus spreading to other people.

Some of these changes are hard. You may miss people you love or you may feel worried about the virus. This isn't how we'd choose to live, but it's how we will have to live for a time to stay safe.

Let's support each other as we adjust to a new way of life.

Making some changes now can help you stay safe and healthy so that, together, we can slow the spread of COVID-19.