



# How to stay safe from COVID-19

COVID-19 is a new infection that's more serious in some older people. You might be worried but there are ways you can connect with your loved ones while protecting yourself and others. Here's how.



## GOOD HYGIENE

to stop germs entering your body



## PHYSICAL DISTANCING

to stop another person passing COVID-19 to you



## FLU SHOT

to prevent the common flu and stay healthy



## REPORT ANY SYMPTOMS IMMEDIATELY

so you can be tested

We'll be living differently for a while.

**Making some changes now can help you stay safe and healthy**

so that, together, we can slow the spread of COVID-19.

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