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Keep Suffolk Safe - Help Stop the spread of Covid 19

KEEP SUFFOLK SAFE

Help stop the spread of COVID-19 



Keep your distance

Stay 2 metres apart. When you can't, make sure you wear a face covering.



Wear a face covering

Wear a face covering in any indoor public space. Children under 11, people who need to lip read, and people with other disabilities are exempt.



Wash your hands

Wash your hands regularly, with soap, for 20 seconds.



Get tested

Get tested if you have symptoms: a high temperature; a new, continuous cough; a loss of, or change to, your sense of smell or taste.



Isolate

If you or anyone in your bubble has symptoms, follow the guidance on self-isolation.



Social gatherings

You can meet up to 5 other people, maximum of 6 including yourself, as long as everyone stays 2 metres apart.

Become a Covid-19 message cascader
www.suffolk.gov.uk/coronavirus-covid-19



