



care U care

Respectful & Dependable Professionals

CORONAVIRUS HEALTH GUIDANCE

PREVENTION



WASH YOUR HANDS



SANITISE YOUR HANDS



CATCH SNEEZES WITH A TISSUE,
THROW IT AWAY & WASH

SYMPTOMS



CAUGH



RUNNY NOSE



SORE THROAT



HIGH FEVER



DIFFICULTY
BREATHING

ACTIONS



CALL 111 IF YOU GET
ANY SYMPTOMS



AVOID LARGE CROWDS
OR GOING OUT



STAY INDOORS
& AVOID CONTACT
WITH OTHERS



CALL 999 IF YOU
FEEL WORSE OR
CAN'T BREATHE