





LOOK AFTER YOUR HEALTH LOOK AFTER OUR FUTURE



As we move forward, it's important that we carry on looking after our general health – so that we can look after our future.

We must take care of our general physical and mental health and wellness.

 <p>Keep up to date with health appointments.</p>	 <p>Take chronic medication regularly.</p>	 <p>Don't miss family vaccinations.</p>	 <p>Eat healthy food and exercise.</p>
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To keep safe, it is important that we continue with the 5 Golden Rules of prevention. Take extra care to avoid areas where the risk of infection may be higher.

MAKING SAFER CHOICES

As we move forward, it is important that we make safe choices. Try to avoid possible super-spreader events:

AVOID
* poor ventilation
* overcrowding
* crowded indoor spaces

Always wear a mask when in public and follow the 5 Golden Rules



1. Wash hands
2. Don't touch face
3. Keep 1,5m apart
4. Cover your cough
5. Sick? Stay home



Crowded places



Close-contact settings



Confined and enclosed spaces

STAY SAFE
MOVE FORWARD

