





2m



**PHYSICAL
DISTANCING
AT ALL TIMES**



HM Government



Coronavirus

Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

**Ensure you
clean all
equipment
you have used
and any areas
you have
touched**



**CHANGING
FACILITIES
NOT IN
USE**