Know the symptoms. If you have them, self-isolate and contact a GP.

Continue to:

- Wash your hands well and often to avoid contamination.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely.
- Limit contact with others when out and about.
- Distance yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell.

Symptoms of COVID-19
- a fever (high temperature - 38 degrees Celsius or above)
- a cough – this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties

#holdfirm
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