



# Stop COVID in its tracks

**Please think about how you act, not just at work, but at home and in your free time.**

By not following Government guidance, you could be putting your work colleagues, customers and the people you love at risk.

- **Stay 2m apart** from people not in your household
- **Wash or sanitise** your hands regularly
- If you need to share transport, **wear a face covering, keep your windows open and sit as far apart as you can**
- If you have symptoms, **get a test**

