

# KEEP SUFFOLK SAFE

*Help stop the spread of COVID-19* 



## Keep your distance

Stay 2 metres apart. When you can't, make sure you wear a face covering.



## Wear a face covering

Wear a face covering in any indoor public space. Children under 11, people who need to lip read, and people with other disabilities are exempt.



## Wash your hands

Wash your hands regularly, with soap, for 20 seconds.



## Get tested

Get tested if you have symptoms: a high temperature; a new, continuous cough; a loss of, or change to, your sense of smell or taste.



## Isolate

If you or anyone in your bubble has symptoms, follow the guidance on self-isolation

*Become a Covid-19 message cascader*  
[www.suffolk.gov.uk/coronavirus-covid-19](http://www.suffolk.gov.uk/coronavirus-covid-19)