

If you are feeling unwell and have



Cough



Runny nose



Sore throat



Fever



Difficulty breathing

Stay indoors,  
avoid contact  
with others

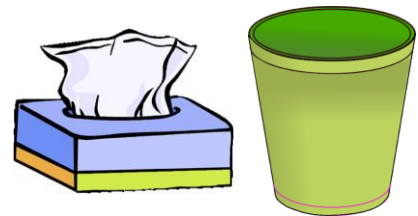


**Call the  
Hospital for  
advice 28000**

Wash your hands  
after coughing  
or sneezing



Use a tissue and  
then throw it in  
the bin



Do not go to  
work, school or  
into public areas



Avoid visitors in  
your home



Avoid using  
public transport  
or taxis



Avoid spitting in  
public

