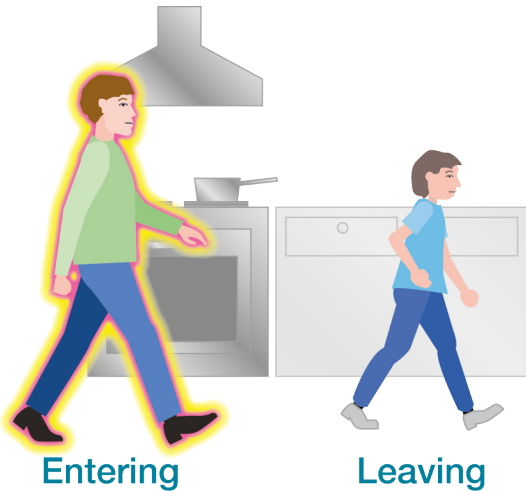




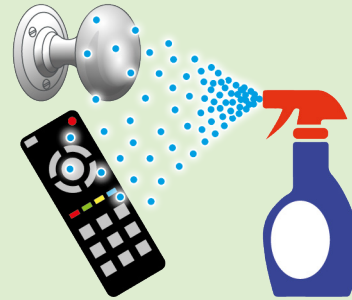
How to reduce the spread of infection with the people you live with if you have COVID-19.

If you have COVID-19, there is a high risk that others in your household will catch it from you. There are several things you can do to reduce the spread of infection in your household.

- 1** Limit close contact with others. Spend as little time as possible in communal areas.



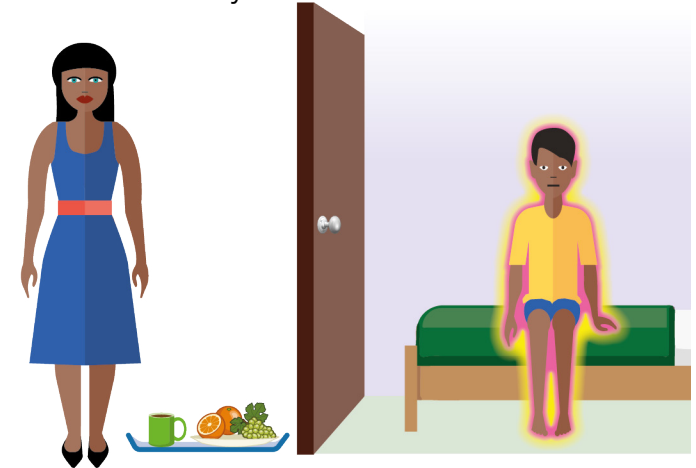
- 2** Regularly clean frequently touched surfaces and shared rooms like kitchens and bathrooms.



- 3** Wash your hands regularly using soap and water, particularly after coughing and sneezing.



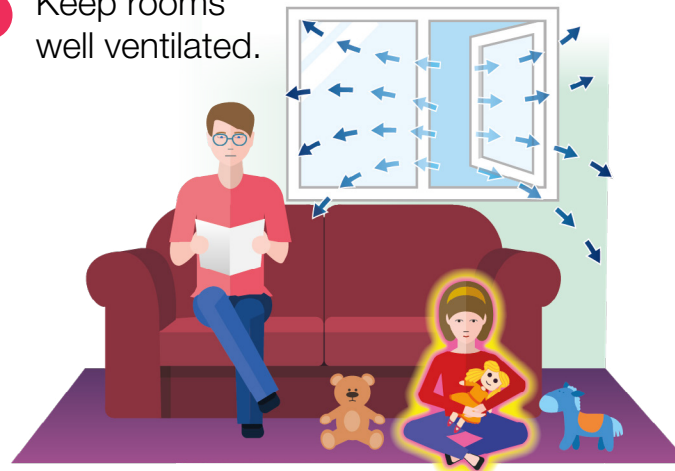
- 4** Get help where possible from those you live with. Ask for help with cleaning and being brought food safely to avoid unnecessary contact.



- 5** Use a face covering if you need to spend time in shared spaces.



- 6** Keep rooms well ventilated.



- 7** Catch coughs and sneezes in disposable tissues and put them straight in the bin.

