



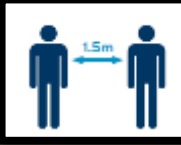













My Covid-19 Plan

Keeping protected	Symptoms of Covid-19	What to do if I have symptoms	When to call 000
<p>Wash hands and use sanitiser</p> 	<p>Sore throat</p> 	<p>STAY at home</p> 	<p>Chest pain</p> 
<p>Keep 1.5m away from others</p> 	<p>Dry cough</p> 	<p>Call someone who can help you</p> 	<p>Shortness of breath or difficulty breathing</p> 
<p>Wear masks properly</p> 	<p>Fever, feeling hot and sweaty</p> 	<p>Arrange to see a Doctor/ Nurse and get Tested</p> 	
<p>Don't touch face</p> 	<p>Feeling fatigued, loss of energy</p> 	<p>Rest while you recover</p> 	
<p>Sneeze into elbow or tissue</p> 			
<p>Clean surfaces regularly</p> 			
<p>Keep up with vaccination and boosters</p> 