## Please remember to keep at least a

## 2 metre SOCIAL DISTANCE

For the sake our health and yours

Limit your interactions within the workplace

Wash your hands regularly

Stick to your own coffee mug and spoon

Use Email or Zoom as an alternative to 'face to face' interactions

Clean your area regularly

Use a tissue or your sleeve to catch a sneeze or cough

Carefully monitor your own health – react to any symptoms immediately