

COVID-19: Spread the word, NOT the disease

AHDB

STAY AT HOME

if you or someone
in your house is sick
or showing symptoms
of a high temperature
and persistent cough.

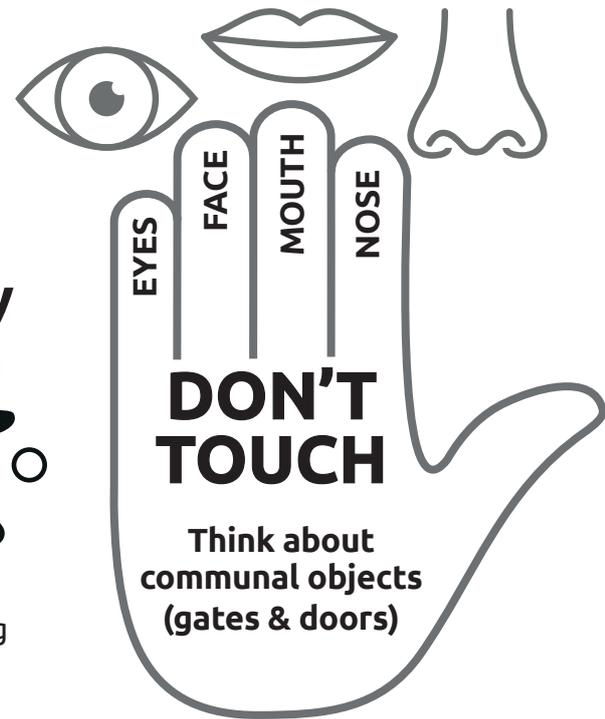
**If in doubt ...
stay at home!**

Wash your hands regularly

20 secs
using soap
and water,
then dry



Before eating, after touching
livestock, blowing your nose
or touching dirty surfaces



WASH OBJECTS AND SURFACES

WASH with soap and water to remove dirt
DRY ... then **DISINFECT**

Thorough washing with soap and water then
drying removes most viruses and bacteria.
Use disinfectant at the recommended concentration –
stronger doesn't work better, but will cost you more.



Leave cleaned equipment overnight between staff where possible
COULD YOU COLOUR-CODE EQUIPMENT FOR DIFFERENT STAFF?

CONSIDER A STAFF ROTA, BUT CONSIDER LONE WORKING



COVER A COUGH OR A SNEEZE

Use a tissue or your sleeve
Don't use your hands

CATCH IT, BIN IT, KILL IT!



FOLLOW GOVERNMENT GUIDELINES

Remember these are changing daily