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	 Self isolate for 7 days	 Self isolate for 14 days	 Minimise your social distance to 2 metres for no longer than 15 minutes	 Avoid non-essential travel	 Work from home where feasible and locally agreed	 Speak to your GP regarding your specific health condition or circumstances	 Inform your line manager
If you have symptoms of Coronavirus and you live alone							
If you share a household and are the first to develop symptoms							
If you share a household with someone who develops symptoms							
If you have an underlying health condition or are pregnant							
If you are aged 0-69							
If you are aged 70 years, or above							
If you live with or care for someone aged 70 years or above or with an underlying health condition						 If required on their behalf	



MUST



STRONGLY ADVISED



ADVISED

## EVERYONE

Wash your hands regularly for at least 20 seconds, avoid touching your face, catch sneezes into a tissue and dispose of it.



For full definitions please visit:

<https://bit.ly/NRCoronavirusHub>