

# THE COVID CODE

## KEEP YOUR DISTANCE

Keep at least 2 metres (3 steps) away from anyone you don't live with.



## FACE COVERINGS

Over 11 years old? Always wear a face covering in shops, museums, places of worship, on public transport and when you can't stay apart.



## HYGIENE IS KEY

Wash your hands with soap and warm water often.



## HOUSEHOLD = 1 HOUSE OR 1 HOME

Do not meet up with another household inside unless they are in your support bubble.



## THINK OF OTHERS

Cough or sneeze into your elbow.



## GET TESTED

If you have a high temperature, a new continuous cough or a loss/change in your sense of taste or smell.



## NO HANDSHAKE, NO HUGS, HANDS OFF

Avoid touching your eyes, nose and mouth.



## STAY INDOORS

Isolate at home for 10 days if you have symptoms and 14 days if you live with someone who has symptoms.



## NO EVENTS

Keep away from crowds and places where people gather together.



## TAKE CARE OF YOURSELF

GPs, hospitals and other services are #StillHereToHelp.





# Let's LOCK DOWN COVID!

COVID-19 infection rates in Bradford are **increasing** and we don't want that to happen as it could result in lockdown.



**We need your help now to save lives, to keep our loved ones safe and stop the virus spreading**

- **Follow the COVID Code** as overleaf.
- **Face Coverings** now mandatory on public transport, in shops, museums and places of worship, unless you have severe medical issues.
- **Household = 1 household or 1 home**  
Do not meet up with another household inside or in the garden unless they are in your support bubble.



**A household is defined as one house or one home. If you have extended family living next door that is classed as two households.**

Information correct at time of going to print 23/9/20.

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 431352.