

ALWOODLEY PARISH COUNCIL

CORONAVIRUS USEFUL INFORMATION

Keep up to date with information by
visiting the following websites:



<https://www.gov.uk/coronavirus>



<https://www.leeds.gov.uk/coronavirus>



<https://www.nhs.uk/conditions/coronavirus-covid-19/>



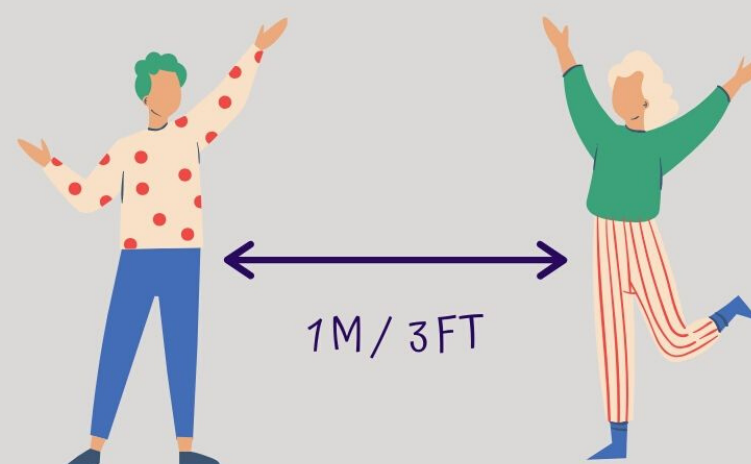
WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



MAINTAIN SOCIAL DISTANCING

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.