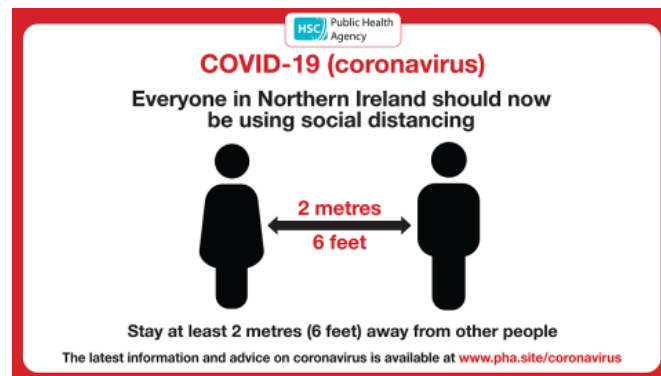


COVID- 19 Notice

Tuesday 24 March 2020

Social Distancing



The Public Health Agency (PHA) is urging people to follow the advice on social distancing as an essential part of slowing the spread of coronavirus (COVID-19) and saving lives.

Dr Hugo Van Woerden, Director of Public Health at the PHA, said: “I cannot emphasise enough how important it is to practise social distancing as a key step in saving lives. The guidance to socially distance ourselves from others applies to everyone. We should all be taking steps to reduce social interaction between people in order to reduce the transmission of coronavirus. Every one of us has a role to play in this battle.”

While it is important to avoid contact with anyone who is displaying symptoms of COVID-19, including a high temperature and/ or new and continuous cough, we may not know if a person has the virus (including ourselves) therefore we should practise social distancing with everyone.

It is also advised that we avoid non-essential use of public transport, varying our travel times to avoid rush hour when possible.

At work please try, where practicable, to maintain the social distance of 2 metres. Consider where you work and how you might achieve a social distance when in the workplace. Places that you should maintain a social distance and that you will need to think about are shared areas such as staff rest rooms and kitchens.

Throughout the day remember to decontaminate your hands frequently and to avoid touching your face where possible.