



COVID19 / CORONAVIRUS



WHAT WE ARE DOING

1. Washing our hands regularly, and using antiseptic hand-gel
2. Wiping down keyboards, card machines, desk surfaces, clinic room furniture, door-handles, stair hand-rails, etc, with disinfectant wipes regularly
3. Using tissues and throwing them away. Coughing into our sleeves and elbows and not our hands
4. Avoiding hand-to-hand contact wherever possible

WHAT WE NEED YOU TO DO

1. **Tell our Receptionist when you're booking an appointment if you've recently returned from one of the worst affected areas**
2. **If you have symptoms, contact your GP by phone**
3. Use tissues, and drop them straight in the bin
4. Wash your hands often, and thoroughly
5. Cough or sneeze into your upper sleeve or elbow - germs do not spread through your clothing
6. Don't cough or sneeze into your hands - you'll end up infecting everything you touch
7. Choose contactless payments if you can, and avoid hand-to-hand contact as much as possible

**HELP US TO DELAY THE SPREAD OF COVID19,
AND WE ALL WIN**