



Minding each other during COVID 19

Social distance **will** help slow the spread!

So what can **YOU** do?!!

If feeling sick...stay at home....and phone the GP

- Stay away from where people gather.
- Keep at least 6 feet away from other people you meet.
- Stay within your own family group as much as possible.
- Don't invite visitors in.
- Use the phone to stay in contact with loved ones.

Any questions or concerns



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