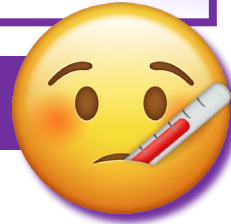




Help us keep everyone safe

Public Health advice for all visitors

Don't visit if you're feeling sick



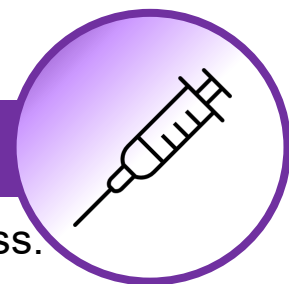
- Symptoms of a **viral respiratory infection**
 - Do not visit until 48 hours after symptoms resolve – symptoms include cough, sore throat, shortness of breath, muscle aches, exhaustion or watery eyes.
- **COVID-19** or **flu** diagnosis
 - Do not visit until 5 days after your symptoms first started.
- **Diarrhoea** and/or **vomiting**
 - Do not visit until 48 hours after your last symptoms.

Clean hands



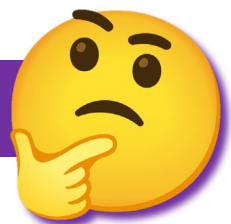
- **Use the alcohol hand gel** when arriving and leaving.
- Wash your hands for at least 20 seconds if visibly dirty.
- Always wash your hands after:
 - using the toilet **or** helping with personal care, for example, feeding or toileting
 - coughing or sneezing

Have your recommended vaccines



- Flu and COVID-19 vaccine helps prevent serious illness.
- If you are over 60 years of age, or in an “at risk” group, make sure your vaccines are up-to-date.
- Get advice from your GP or pharmacist.

Questions about visiting?



- Contact this facility manager if you have any visiting queries or concerns.



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