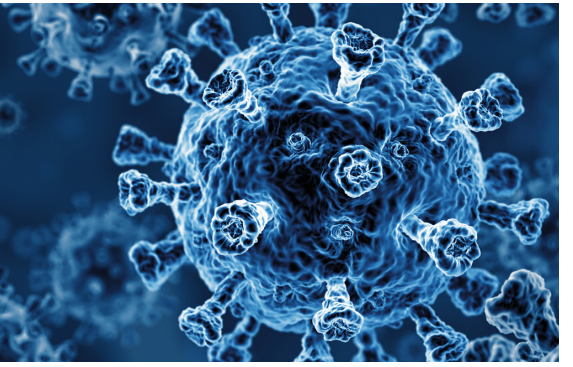




East Lothian
Council

COVID-19



SYMPTOMS



FEVER



COUGH



SHORTNESS
OF BREATH



SORE THROAT

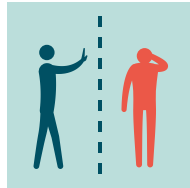


HEADACHE

PREVENTION



WASH HANDS WITH
WATER AND
SOAP/SANITIZER,
AT LEAST 20 SECONDS



AVOID CONTACT
WITH SICK PEOPLE



DON'T TOUCH EYES,
NOSE OR MOUTH WITH
UNWASHED HANDS



WEAR A MASK



AVOID
CROWDED PLACES



AVOID CONTACT WITH
ANIMALS AND ANIMAL
PRODUCTS



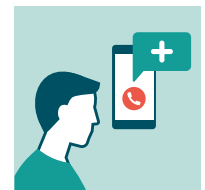
DO NOT SHARE
EATING UTENSILS
AND FOOD



DON'T EAT RAW FOOD,
THOROUGHLY COOK
MEAT AND EGGS



AVOID TRAVELLING TO
AFFECTED AREAS
UNLESS NECESSARY

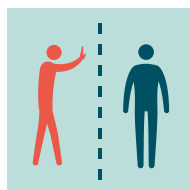


IF YOU BECOME SICK
SEEK MEDICAL CARE
IMMEDIATELY

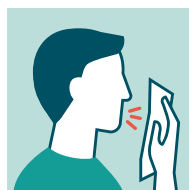
IF YOU ARE INFECTED



STAY AT HOME



AVOID CONTACT
WITH OTHERS



COVER YOUR NOSE
AND MOUTH WITH
TISSUE OR ELBOW
WHEN SNEEZING



PUT TISSUES
IN THE TRASH BIN
AND WASH HANDS



KEEP OBJECTS AND
SURFACES CLEAN