Stop the Spread
COVID-19 Good Practice Points

**Don’t**  
- Come to work if you/anyone in your home has symptoms
- Gather in close proximity (e.g. for handover) without wearing a fluid-resistant surgical face mask (FRSM)
- Sit close together without wearing a face mask
- Remove or adjust your face mask to communicate

**Do**  
- Stay at home and book a test
- Wear a FRSM when working closely with others and maintain a physical distance of 2M distance where possible
- Ensure you maintain a physical distance of 2M at all times
- Ensure face covering is secure and avoid touching once in place. Speak slowly and clearly.