

BBBW - COVID19 QUICK GUIDE



**** DO NOT PARTICIPATE IF UNWELL ****

WELL BEING

- Do not participate if you feel unwell – coughing, sneezing, fever, shortness of breath
- Have you been near someone who has been sick?
- Local testing hotline is 1800 999 880

PHYSICAL DISTANCING

- Groups of no more than 20
- Keep > 1.5 m apart
- Minimise shared transport

PERSONAL HYGIENE

- Wash OR Sanitise your hands (often)
- Cover when you cough or sneeze
- Avoid touching your face
- Do not share food or drinks

RECORD KEEPING

- Sign on with your own pen
- Give name, address and phone number
- Do you have the CovidSafe App?
- Tell BBBW if you develop symptoms later