



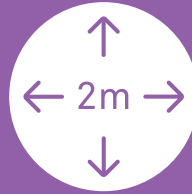
Heroes of 'safe and well'

Coronavirus

Keep each other safe and well



Wash your hands and use sanitiser



Try to maintain 2 metres' distance between yourself and others



Stay connected with your colleagues via calls, video conference and screen share



Keep your workspace clean and clear to minimise the spread of germs



Take regular breaks and enjoy some fresh air – enjoy the roof terrace if you're at Carnival House



Enjoy a balanced diet and stay hydrated



Reduce anxiety by limiting time on social media and checking in on the news only occasionally



Outside of work, avoid social gatherings at venues such as pubs, clubs, theatres and cinemas.



Self isolate for 14 days if you have cold or flu symptoms (7 days for people living on their own)



Talk to your line manager if you have questions

See our full guidance on [The Insider](#).