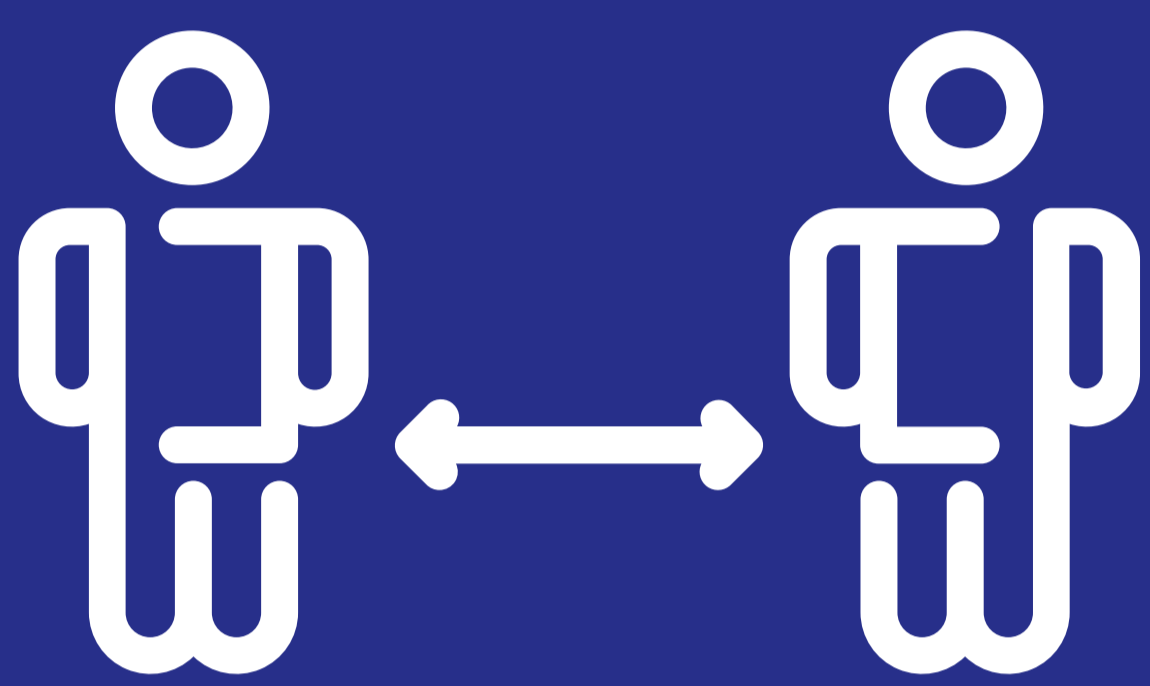


Hopefully Useful COVID-19 Information



Wash Your Hands Regularly

For 20 seconds. Hum 'Happy Birthday' once or 'Jingle Bells' twice!



Keep A Sensible Distance

Being 1.5m to 2m apart makes it harder for the virus to move around.



Get Yourself Checked

Health is more than a virus. If you have ANY odd symptoms seek help.



Take Some Extra Vitamin D

Studies show that having low Vit D might make you more susceptible.



Be Kind To Each Other

We're all in this together. Being nice costs you nothing.