

Living with COVID-19:

5 things you can do to help yourself, your family and your community.

1



Get vaccinated to reduce your risk of becoming seriously ill.

2



If you feel unwell and have flu-like or COVID-19 symptoms and a high temperature **avoid close contact** with others and **stay at home**.

3



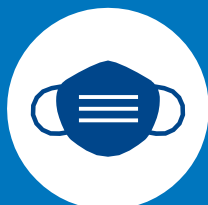
Let in **fresh air** when you meet others indoors, especially if they're at high risk.

4



Wash your hands regularly, if you cough or sneeze cover your mouth and nose into a flexed elbow.

5



Wear a **face covering** in crowded and enclosed places and when coming into contact with people at higher risk from COVID-19.

St Helena working together to protect each other.

<https://www.sainthelena.gov.sh/coronavirus-covid-19/>