



HANDS



FACE



SPACE

Personal Covid Secure Plan

Do you always:

- Wear a face covering?
- Keep two metres apart when out and about?
- Wash and clean your hands regularly?

These three preventative measures are scientifically proven to help combat the spread of Covid-19 – if we all do these things all the time than we help ourselves and others.

Yourself

What help do you need if you have to self-isolate?

Key contacts – who do you need to inform about having to self-isolate?

Do you have any children or grandchildren and how would they be affected if you had to self-isolate?



HANDS



FACE



SPACE

Your family, friends and neighbours

For most people, sticking to the advice and guidance regards preventative measures is relatively simple though it can be challenging for others – they may need support to get medicine, food or just be in need of social contact.

From your family and friend network, do you have any people who would be considered high risk?

Name		Contact Number	
Relationship		Family Contact	
What help do they need?			
What would happen to them if were contacted by track and trace or had symptoms?			

Name		Contact Number	
Relationship		Family Contact	
What help do they need?			
What would happen to them if were contacted by track and trace or had symptoms?			



HANDS



FACE



SPACE

Work

Businesses across the area have adapted to Covid-19 ensuring they are able to protect their staff and customers alike.

While the businesses can control the environment at their sites, only you can do so when outside of work, particularly when you are travelling to and from your place of business.

Do you car share? What are the risks of car sharing and how are you managing them?

Risk	How can I reduce the risk?
Possible transmission through car sharing	Use public transport Ensure I wear a face covering in the car and that I wash and sanitise my hands before the journey and immediately after leaving the car



STAY AT HOME IF:

- > **You have symptoms**
- > **You are awaiting a test result**
- > **You have tested positive for COVID-19 or**
- > **You have been told to self-isolate by NHS Test and Trace**