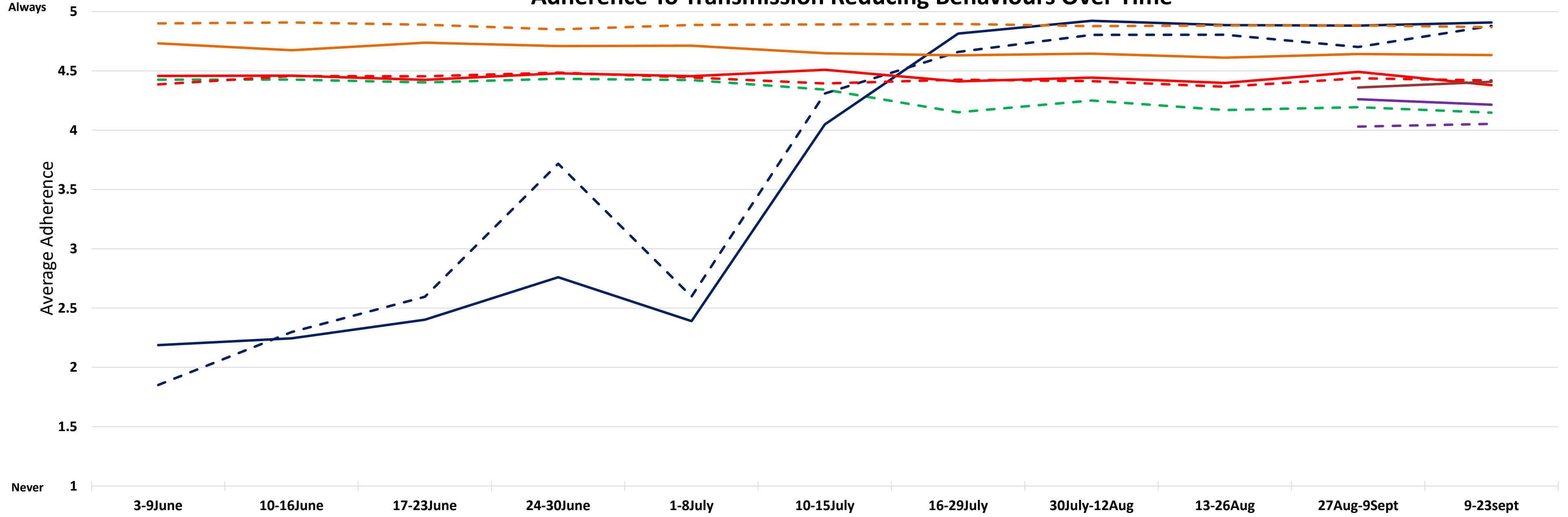


Adherence To Transmission Reducing Behaviours Over Time



- Stayed 2 metres (6 feet) away from other people, except those who live in your household
- Wore face covering when you were in a shop
- Wore face covering when you travelled on public transport
- Washed your hands as soon as you got home
- When you washed your hands you used soap and water
- When you washed your hands you did this for at least 20 seconds
- Washed your hands before eating and drinking
- Avoided crowded places
- Meeting no more than 8 people indoors
- Meeting people from no more than 3 different households indoors