



THE 3RD WAVE

OF COVID-19 IS LOOMING

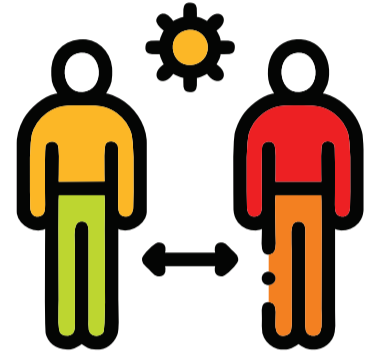
We are seeing an increase in COVID-19 cases

Stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work.

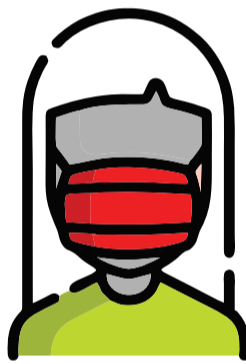
Do it all!



Clean your hands often



Maintain a safe distance of 1.5 – 2 metres



Wear a mask



Don't touch your eyes, nose or mouth



Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.

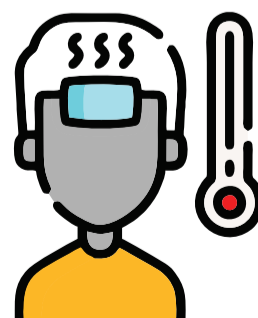


Stay home if you feel unwell.



STAY IN TOUCH, KEEP INFORMED

If you have any questions or concerns, call the COVID-19 hotline on **0800 111 724**



If you have a fever, cough and difficulty breathing, seek medical attention.



Avoid large crowds



YOU

CAN HELP US BEAT COVID-19



Protect yourself and others around you by knowing the facts and taking appropriate precautions.



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YOU

**COVID-19
DOES NOT SEND
A WARNING**

BE PREPARED AND DO YOUR PART

**LET'S AVOID A
THIRD WAVE**



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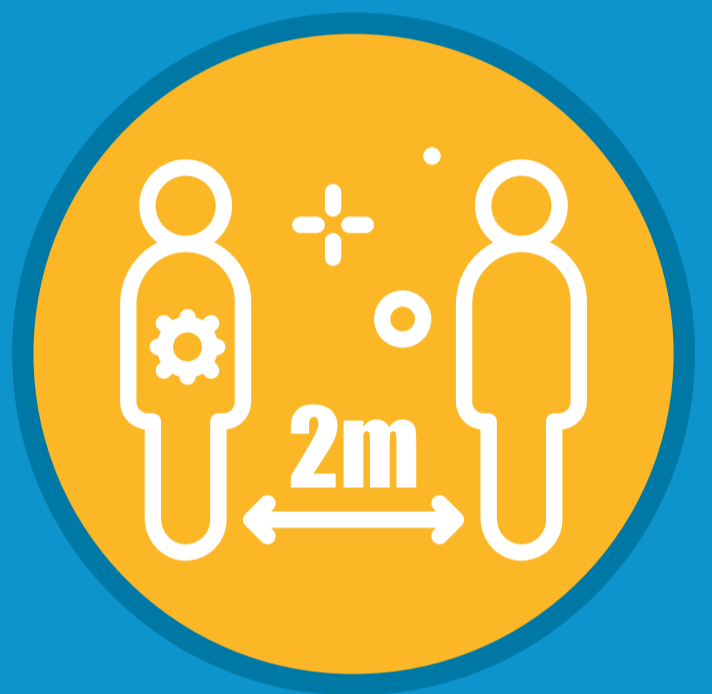
YOUR COLLEAGUES NEED YOU TO



Wear your face mask correctly



Wash your hands carefully and frequently



Practice social distancing

BE PREPARED AND DO YOUR PART

It is important that you play your part in minimising the spread of infections - especially in the winter months. Harmony is committed to prioritising your health and safety - you need to also play your part

YOU CAN HELP SPREAD COVID-19



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WEAR YOUR MASK THE RIGHT WAY



ALWAYS WEAR YOUR MASK IN THE CORRECT WAY AND DO NOT TAKE IT OFF AT WORK, WHEN TRAVELLING IN PUBLIC TRANSPORT OR WHEN SHOPPING!

The appropriate use, storage and cleaning or disposal of masks are essential to make them as effective as possible:

- Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.
- Make sure it covers both your nose, mouth and chin.
- When you take off a mask, store it in a clean plastic bag
- Wash fabric masks every day.
- Medical masks must be placed in a bag and thrown away. Remember to break the elastic bands so that small children and animals do not get tangled.



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