

COVID-19

More than ever, it's time to **WORK ON OUR HABITS!**
Here is how to apply SafeStart concepts in your new routines.

PREPARE

✔ Rushing

- Don't rush to conclusions. Situation calls for caution, not panic.

✔ Frustration

Don't despair. Scientists & Doctors are working around the clock to find a cure.

✔ Fatigue

Battle mental fatigue. Stay positive and spend time with your loved ones.

✔ Complacency

Complacency puts people at risk. Stay informed and cooperate with authorities.

PRACTICE & PREVENT



**WASH HANDS
FREQUENTLY**



**PROTECT YOURSELF
AND OTHERS**



**MAINTAIN SOCIAL
DISTANCING**



**AVOID
MISINFORMATION**

**STAY INFORMED AND FOLLOW THE LATEST ADVICE GIVEN
BY THE GOVERNMENT. WE WILL GET THROUGH THIS TOGETHER.**

<http://uk.safestart.com> | contact@ssi.safestart.com

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