

Celebrating Gurbpurab?

Let **fresh air in** if you meet indoors

When someone who has COVID-19 coughs, talks or even just breathes, they release droplets which can be breathed in by another person. So if you're indoors, **let in fresh air to reduce the risk of catching or spreading the virus.**

Find out more

[nhs.uk/GetTested](https://www.nhs.uk/GetTested) or call 119