

Keeping each other safe

As we learn to live with COVID-19, there are actions we can all take when meeting face-to-face to help reduce the risk of catching COVID-19 and passing it on to other people. This will also help to reduce the spread of other respiratory infections, such as flu, which can spread easily and cause serious illness in some people affected by breast cancer.

We ask all attendees, staff, volunteers and our group facilitators to:

- Stay at home if you have symptoms of a respiratory infection, such as COVID-19, like a high temperature
- Stay at home if you don't feel well enough to go to work or carry out normal activities
- Where it's needed, please wear a face mask (for example, some hospital venues)
- Practice good hygiene by washing your hands and covering your coughs and sneezes
- Be respectful of other people and their concerns
- Follow any [Government guidance](#)