It's #NotTooMuchToMask

Let's stop the virus from spreading

We can help to stop coronavirus from spreading out of control by making choices that reduce the risk of illness to ourselves and those around us.

Join the campaign

Pledge to keep yourself and others safe by:

01 wearing a face mask to protect yourself and others

02 cleaning your hands regularly

03 getting both doses of the vaccine and encouraging friends and family to do the same

04 keeping indoor spaces well ventilated and meeting outdoors if you can

05 testing regularly, supporting contact-tracing measures, and self-isolating when required

Share the campaign through social media

Put up posters in your workplace

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For more information and to download campaign resources, visit ➤ www.nhsconfed.org/not-too-much-to-mask

🐦 @NHSConfed