It's #NotTooMuchToMask

Let's stop
the virus from spreading

We can help to stop coronavirus from spreading 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.

01 Wear a face mask, if not exempt.

02 Keep indoor spaces well ventilated and meet outdoors if you can.

03 Make sure you get the coronavirus vaccine, including boosters and third doses, when advised.

04 Clean your hands regularly, including before and after social contact with those outside your household.

05 Test regularly, support contact-tracing measures and self-isolate when required.

Share the campaign through social media

Put up posters where people can see them

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

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