

CORONAVIRUS TOP TIPS

HAND WASHING

Washing your hands carefully and regularly is a big part of preventing the spread of coronavirus.

You should be washing your hands thoroughly on a regular basis. Where this isn't possible, use an alcohol-based hand sanitiser until you're able to wash your hands properly.

You should always wash your hands...

- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste

VIRUS PREVENTION

Coughing or sneezing can spread tiny droplets containing the virus.

If these droplets touch another person, or if they touch a surface or an object that is then touched by another person, coronavirus can potentially be passed onto a new host.

To reduce the spread you should...

- Regularly wash your hands
- Use alcohol hand gel when needed
- Use and dispose of tissues
- Avoid touching your face, mouth or nose
- Clean and disinfect shared surfaces
- Find only up-to-date information from only trusted sources such as the World Health Organisation

IF YOU START TO SHOW SYMPTOMS

Step 1



Do not go to a GP surgery, pharmacy or hospital.

Step 2



If you have a 'new continuous' cough or high temperature you should self-isolate for 7 days and use only trusted sources for help.

Step 3



Anyone living with someone who has symptoms should stay at home for 14 days, in case symptoms develop.

Step 4



If symptoms worsen contact your local health care professionals online or by phone and they will give you advice.