

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, the 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



Avoid close contact when you are experiencing coughs or a fever.

If you have a fever, cough and difficulty breathing, you should seek medical advice early.

You should share previous travel history with your healthcare provider.