How to avoid catching or spreading coronavirus

Do

- ✔ wash your hands with soap and water often – do this for at least 20 seconds
- ✔ always wash your hands when you get home or into work
- ✔ use hand sanitiser gel if soap and water are not available
- ✔ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✔ put used tissues in the bin immediately and wash your hands afterwards
- ✔ try to avoid close contact with people who are unwell

Don't

- ✘ do not touch your eyes, nose or mouth if your hands are not clean