What should I do to prevent catching and spreading the virus?

Wash hands frequently with soap and water or use a sanitiser gel

Catch coughs and sneezes with **disposable tissues**

Throw away used tissues (then wash hands)

If you don't have a tissue **use your sleeve**

Avoid touching your eyes, nose and mouth with unwashed hands

Avoid close contact with people who are unwell

Source NHS

How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets.

It's very unlikely it can be spread through things like packages or food. Viruses like coronavirus cannot live outside the body for very long.

Do I need to avoid public places?

Most people can continue to go to work, school and other public places.

You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

How to avoid catching or spreading germs

There are things you can do to help stop viruses like coronavirus spreading.

Do

- ✔ 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
- ✔ wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- ✔ 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

Source NHS