CORONAVIRUS
HOW TO STOP THE SPREAD

Coronaviruses are a group of viruses that cause diseases in mammals and birds. In humans, coronaviruses cause respiratory tract infections that are typically mild, such as some cases of the common cold (among other possible causes, predominantly rhinoviruses), though rarer forms can be lethal, such as SARS, MERS, and COVID-19.

Do ✅

- Use a tissue then bin it immediately

- Cover your mouth and nose when sneezing or coughing

- Wash your hands at regular intervals throughout the day for at least 20 seconds

- Avoid contact with people who are unwell

Don't ⊗

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

- Do not share items that come into contact with your mouth such as drinks or cutlery

- If unwell do not share items such as bedding or towels

- Do not travel if you feel unwell

Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing

Avoid touching your eyes, nose or mouth if your hands are not clean

Avoid close contact with people who are unwell. Try to avoid crowded public areas

Wash Your Hands

One of the most important steps in helping prevent the spread of viruses such as Coronavirus is to **regularly wash your hands.**

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects.

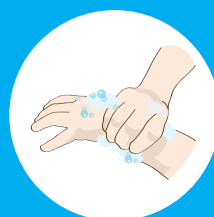## How to wash your hands?

Soap and water

Wet hands and apply soap
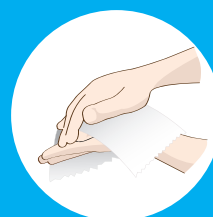
Rub palms together and clean in-between fingers

Rub your nails on palm

Rub your wrists

Rinse hands with clean running water

Dry with a clean towel

Alcohol Hand Sanitiser

Apply gel to palm of hand

Spread over palms and in-between fingers

Rub till your hands feel dry

ⓘ Wash your hands at regular intervals throughout the day for at least **20 seconds** using **soap and water** or **alcohol based hand sanitiser**

What to do if your think you might have coronavirus?

- a high temperature – you feel hot to touch on your chest or back

- a new, continuous cough – this means you've started coughing repeatedly

- stay at home and avoid close contact with anyone

- do not go to a GP surgery, pharmacy or hospital

- use the NHS 111 online coronavirus service to find out what to do next

If you think you have Coronavirus

The NHS has a Coronavirus service that offers advice on if you need to seek medical help and what to do next. Visit **111.nhs.uk/covid-19/**

Call 111