

Coronavirus: COVID-19

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.

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

DO NOT:

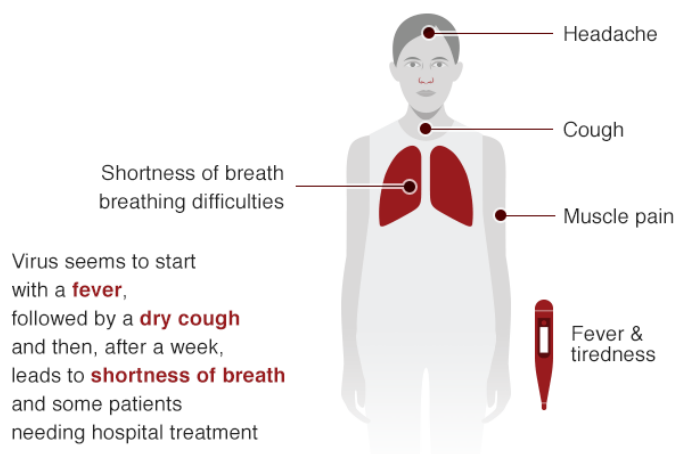
- Do not touch your eyes, nose or mouth if your hands are not clean

Coronavirus guidance

Advice for people who think they may have coronavirus

- Step one**  Do not go to a GP surgery, pharmacy or hospital
- Step two**  Contact NHS 111
- Step three**  You may be asked to self-isolate
- Step four**  Your details may be passed to local health protection teams
- Step five**  You may then be tested for the virus
- Step six**  A doctor or nurse will give you advice on what to do next

Symptoms of coronavirus (Covid-19)



For more information please visit:
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

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Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



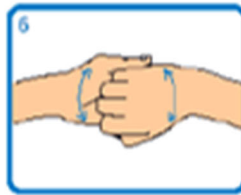
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn the tap off



Dry thoroughly using a paper towel



Hand washing should take 15 – 30 seconds

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Alcohol handrub hand hygiene technique – for visibly clean hands



1 Apply a small amount of the product in a cupped hand



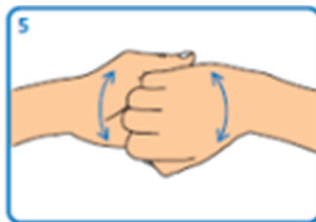
2 Rub hands together palm to palm, spreading the handrub over the hands



3 Rub back of each hand with palm of other hand with fingers interlaced



4 Rub palm to palm with fingers interlaced



5 Rub back of fingers to opposing palms with fingers interlocked



6 Rub each thumb clasped in opposite hand using a rotational movement



7 Rub tips of fingers in opposite palm in a circular motion



8 Rub each wrist with opposite hand



9 Wait until product has evaporated and hands are dry.



10 This process should take 15 – 30 seconds