HM Government

NHS

CORONAVIRUS

Have you been to an affected place
in the last 14 days

or

had contact with somebody
with Coronavirus,

and

do you have any of these symptoms?

Cough

Fever

Shortness of
breath

If yes, to protect yourself and others please go
home and call NHS 111 for expert advice.

Find out more at nhs.uk/coronavirus

HM Government

NHS

CORONAVIRUS

Don't

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

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 straight away and wash your
hands afterwards

✔ try to avoid close contact with people who are unwell

Find out more at nhs.uk/coronavirus