

## Do's and Don'ts

- ✓ 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
- ✓ Wash your hands with soap and water often – do this for at least 20 seconds, and always wash your hands when you get home or into work
- ✓ Use hand sanitiser gel if soap and water are not available
- ✗ Do not touch your eyes, nose or mouth if your hands are not clean

## Check if you need medical help

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Use this service if:

- You think you might have coronavirus
- In the last 14 days you have been to a country or area with a high risk of coronavirus
- You have been in close contact with someone with coronavirus

Do not go to a GP surgery, pharmacy or hospital. Call **111** if you need to speak to someone.