

CORONAVIRUS (COVID-19)

For Your Medical Attention.

www.gov.uk/coronavirus

WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

MAINTAIN PHYSICAL DISTANCING

Maintain at least 2 metres (6 feet) distance between yourself and anyone around you.

AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.

FEVER, COUGH AND DIFFICULTY BREATHING? SEEK MEDICAL CARE EARLY

Stay home if you feel unwell and call 111 for medical help and advice.

For more information visit www.gov.uk/coronavirus