

## Coronavirus (COVID-19)

Advice correct as of: 17/03/2020



Wash hands for about 20 seconds with soap and hot water or use a sanitiser gel



Even if you have no symptoms, you should work at home where possible and avoid social venues



Use a tissue for coughs and sneezes



If you don't have a tissue use your sleeve

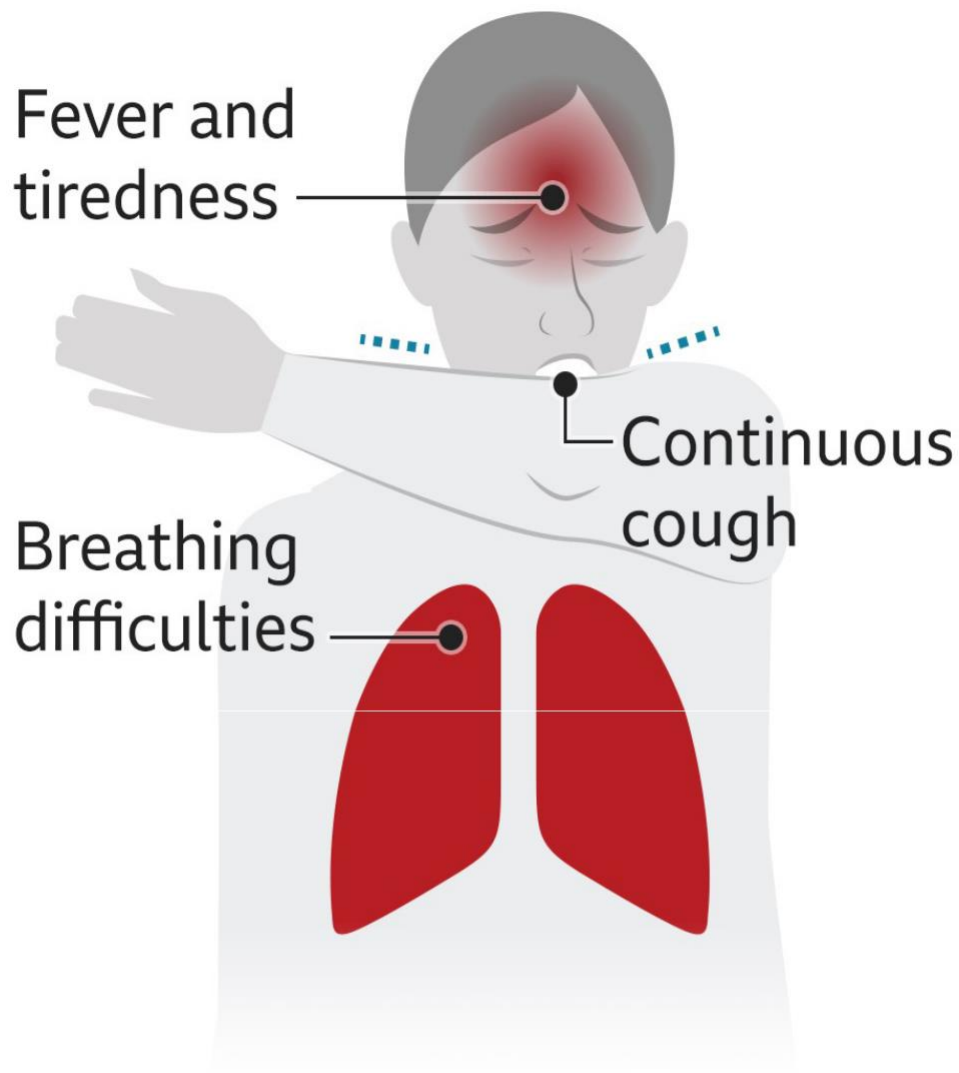


Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

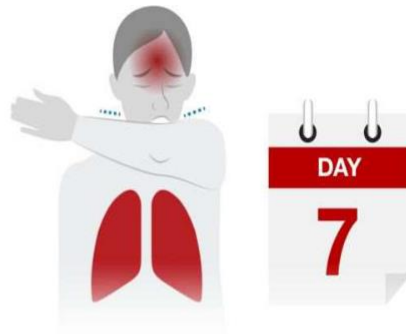
**What are the symptoms - and what should I do if I feel unwell?**



**If you or someone you live with has a 'new, continuous' cough or a high temperature, you should all stay at home for 14 days**



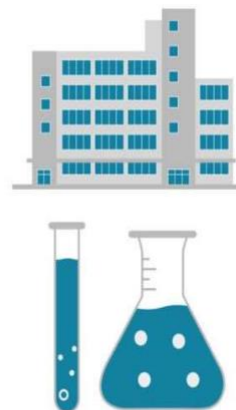
**Stay at least three steps  
away from other people  
in your home if possible**



**If your symptoms get worse or  
are no better after seven days  
seek medical advice**



**Use the online 111 coronavirus  
service at [111.nhs.uk](https://111.nhs.uk). In Northern  
Ireland, call 111**



**You may be tested  
for the virus at a hospital**