

COVID19

STOP THE SPREAD



Wash hands frequently with soap and water or use a sanitiser gel.



Avoid touching your eyes, nose and mouth with unwashed hands.



Avoid close contact with people who are unwell.



Catch coughs and sneezes with **disposable tissues**.



If you don't have a tissue **use your sleeve**.



Throwaway used tissues (then wash hands).

If you experience a new continuous cough and/or high temperature, you are in a vulnerable group, or your conditions worsen/extend beyond your 7-day isolation period contact NHS111 online at 111.nhs.uk or call NHS111.

FOR FURTHER ADVICE VISIT:

www.nhs.uk/coronavirus and www.gov.uk/coronavirus