

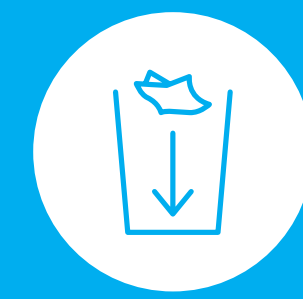
How can you stop COVID-19 spreading?

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get back home
- Do not touch your eyes, nose or mouth if your hands are not clean

If you need to cough or sneeze



Catch it
with a tissue



Bin it



Kill it
by washing
your hands with
soap & water or
hand sanitiser

What to do if you need medical assistance

- If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.
- If you have symptoms of coronavirus (a high temperature or a new, continuous cough), call 111.
- Find out more:
<https://www.nhs.uk/coronavirus>