Stop the spread of coronavirus

**Wash your hands more often and for 20 seconds**

Use soap and water or a hand sanitiser when you:
- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

**Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away**

If you have a:
- new and continuous cough
- high temperature

stay at home for 7 days, if you live alone
stay at home for 14 days, if you live with others, including all household members

Only use NHS 111 if your symptoms get worse or are no better after home isolation

**Businesses and workplaces should encourage their employees to work at home, wherever possible**

Frequently clean and disinfect objects and surfaces that are touched regularly, using your standard cleaning products

**Employees will need your support to adhere to the recommendation to stay at home to reduce the spread of coronavirus to others**

Those who follow advice to stay at home will be eligible for statutory sick pay (SSP) from the first day of their absence from work

**Employers should use their discretion concerning the need for medical evidence for certification for employees who are unwell. This will allow GPs to focus on their patients**

If someone becomes unwell in the workplace with a new, continuous cough or a high temperature, they should be sent home

Employees from **defined vulnerable** groups should be strongly advised and supported to stay at home and work from there if possible