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

**Supervise young children** to ensure they wash their hands more often than usual

Clean and disinfect regularly touched objects and surfaces more often than usual using your standard cleaning products

**Posters and lesson plans on general hand hygiene** can be found on the eBug website

If staff, young people or children become unwell on site with a new, continuous cough or a high temperature they should be sent home

We are asking schools, colleges, nurseries, childminders and other registered childcare settings to remain open for children of critical workers and vulnerable children where they can

If you have symptoms of coronavirus, you need to **self-isolate for 7 days**

If you live with someone who has symptoms, you need to **self-isolate for 14 days** from the day their symptoms started

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

Common symptoms of coronavirus (COVID-19)

[Image of human figure with cough and high temperature]

New and continuous cough or high temperature