

Common symptoms of coronavirus (COVID-19)



new and
continuous cough

or



high
temperature

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

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



Passengers should wash their hands **before and after they have been on public transport**

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

Advise passengers they should not travel if they are feeling unwell with symptoms of coronavirus - a new, continuous cough or a high temperature. This will also help to protect others from infection

Use announcements in transport hubs to reinforce key messages, such as washing hands before and after travel, and what to do if unwell

if someone becomes unwell while at a transport hub or on their journey with a new, continuous cough or a high temperature, **they should be sent home**