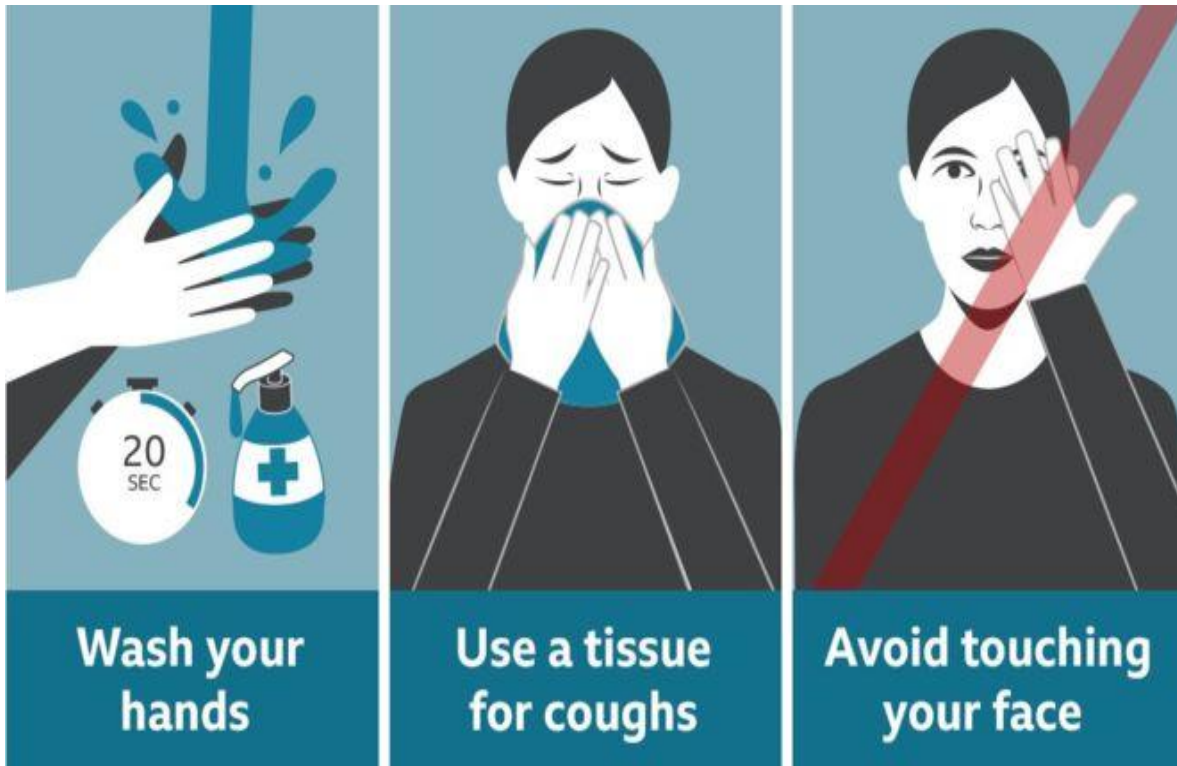


Coronavirus information: What should I do?



Public health experts have been giving out lots of advice to try to stop the spread of the virus.

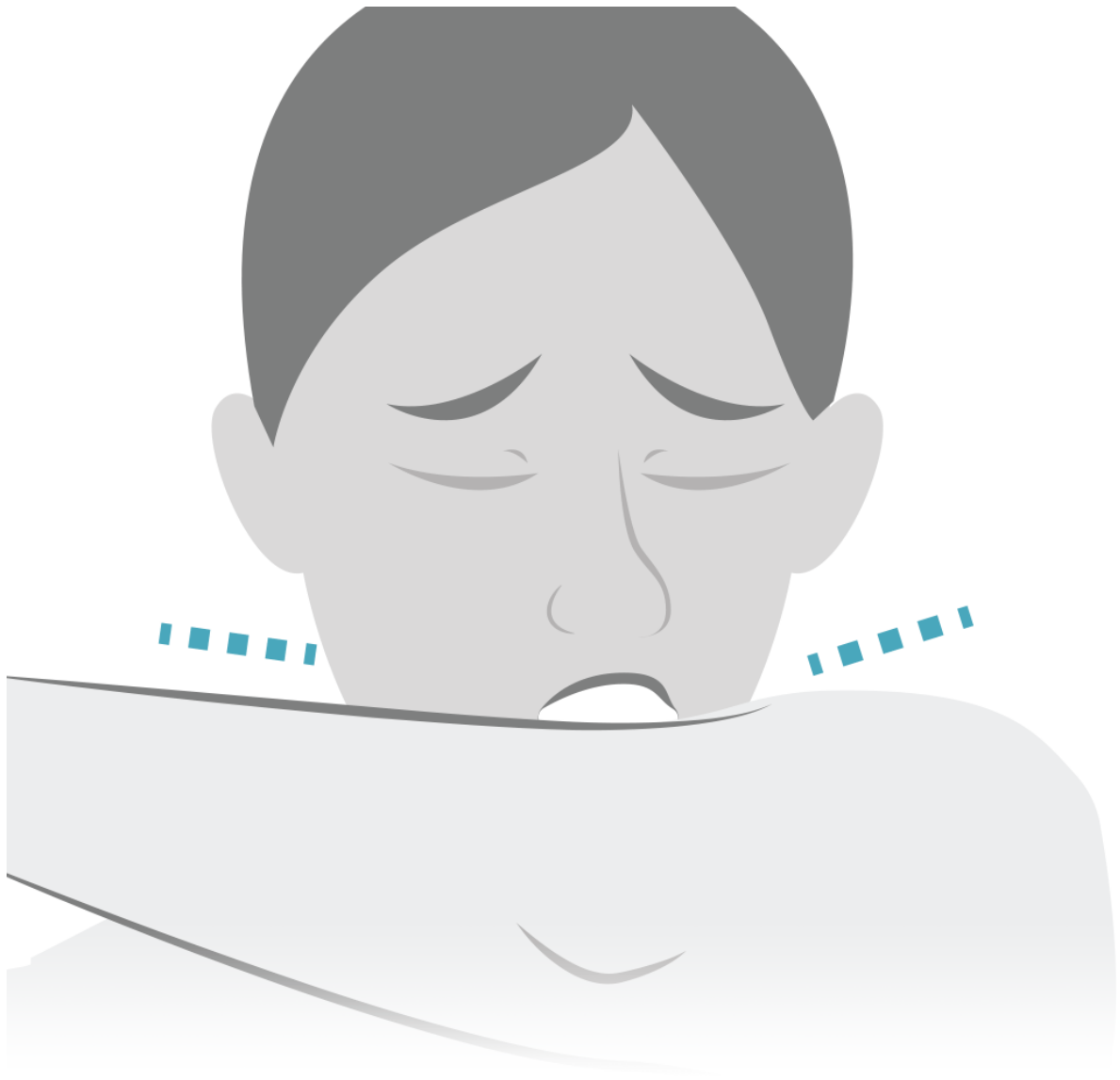
How can I try to stay well?



**Wash hands for about 20 seconds
with soap and hot water or use a
sanitiser gel**



**Use a tissue for coughs
and sneezes**



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

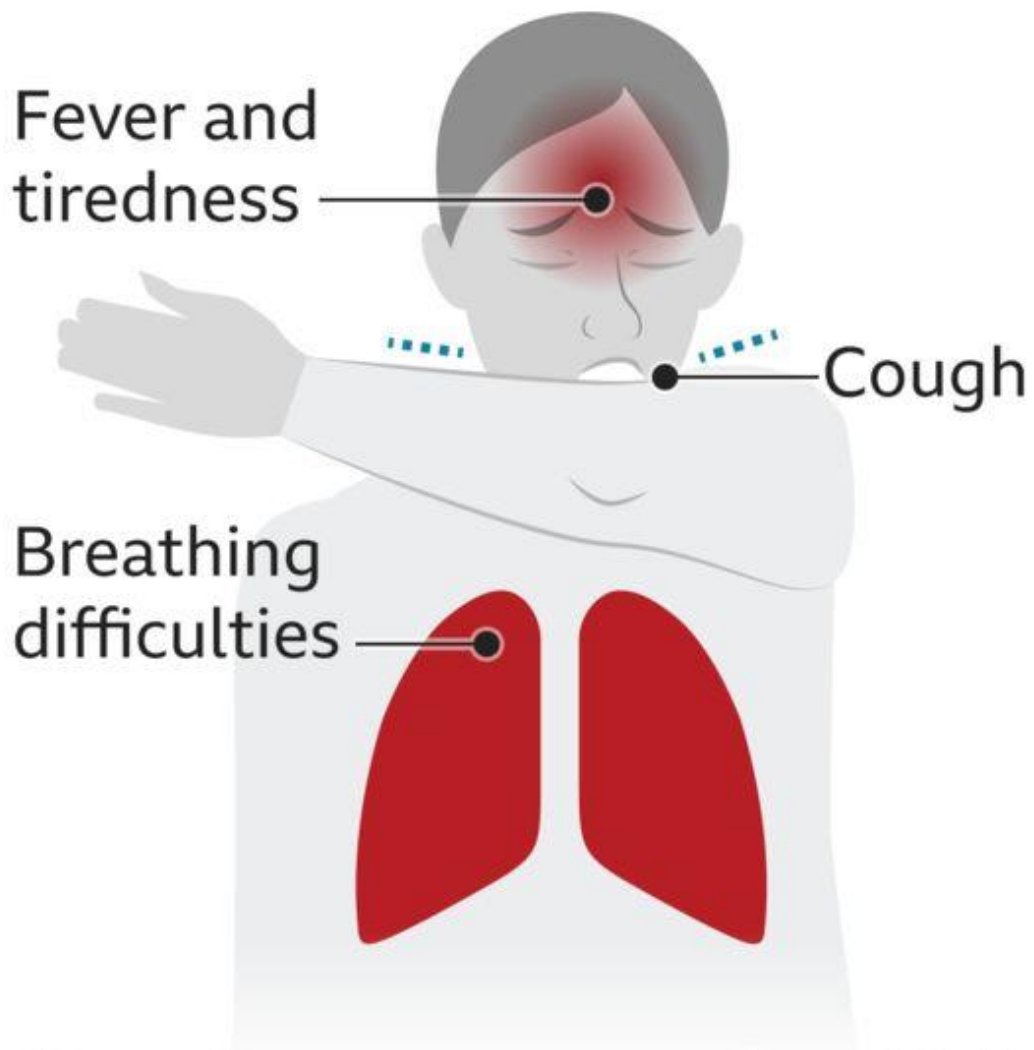


**Avoid touching your eyes,
nose and mouth
with unwashed hands**



**Avoid close contact with
people who are unwell**

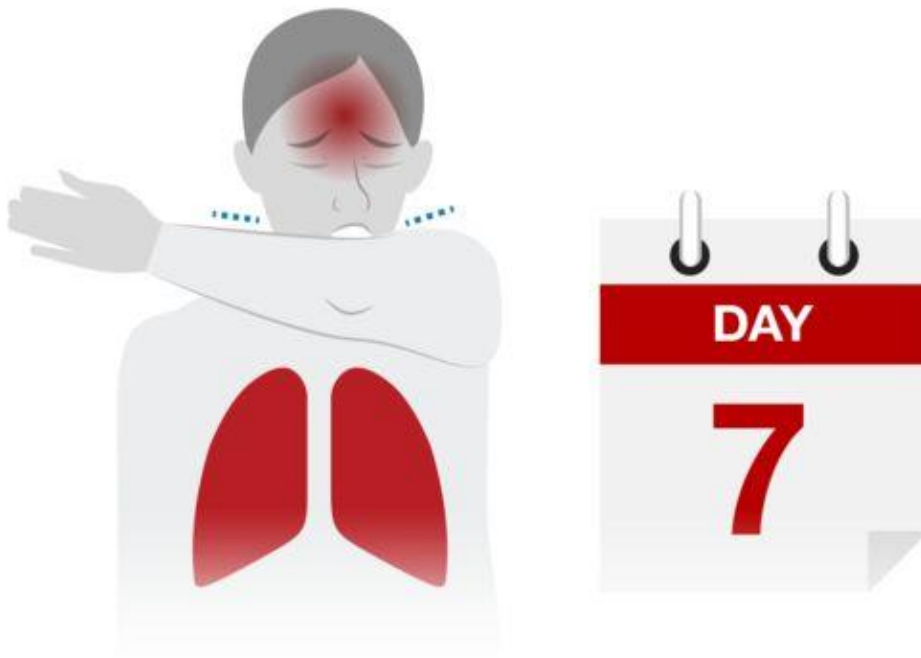
What are the symptoms - and what should i do if i feel unwell?



If you have a new cough or high temperature you should stay at home for seven days



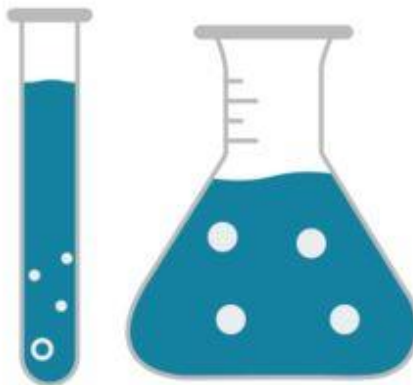
**Stay at least three steps
away from other people
in your home if possible**



**If your symptoms get worse or
are no better after seven days
seek medical advice**



**In England, go online to
111.nhs.uk, in other parts of the
UK call 111. Do NOT go to a GP,
pharmacy or hospital**



**You may be tested
for the virus at a hospital**