

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.





HM Government



CORONAVIRUS

Have you been to an affected place
in the last 14 days

or

had contact with somebody
with Coronavirus,

and

do you have any of these symptoms?



Cough



Fever



Shortness of
breath

If yes, to protect yourself and others please go
home and call NHS 111 for expert advice.

Do not enter this building

Find out more at nhs.uk/coronavirus



HM Government



CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

Germs can live on some surfaces for hours.

To protect yourself and others:

- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel.
- If you have arrived back from China within 14 days follow the specific advice for returning travellers.

This is the best way to slow the spread of almost any germs, including Coronavirus.

Find out more at [gov.uk/coronavirus](https://www.gov.uk/coronavirus)