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NHS ADVICE **8 Point list for avoiding and spreading Coronavirus (COVID-19)** **NHS ADVICE**

DO Wash your hands with soap and water often – *do this for at least 20 seconds*



DO Always wash your hands when you get home or into work



DO Use hand sanitiser gel if soap and water are not available



DO Cover your mouth and nose with a tissue or your sleeve (*not your hands*) when you cough or sneeze




DO Put used tissues in the bin straight away and wash your hands afterwards



DO Try to avoid close contact with people who are unwell



DON'T Do not touch your eyes, nose or mouth if your hands are not clean



DO **CALL NHS 111**
 If you think you have Coronavirus or have been in contact with someone who has Coronavirus!

The symptoms of coronavirus are:
 • Cough • High temperature • Shortness of breath
But these symptoms do not necessarily mean you have the illness.
 The symptoms are similar to other illnesses that are much more common, such as cold and flu.

CALL NHS 111 • If you think you might have coronavirus • In the last 14 days you've been to a country or area with a high risk of coronavirus • If you start to feel unwell • You've been in close contact with someone with coronavirus

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