Coronavirus information: How to stay safe
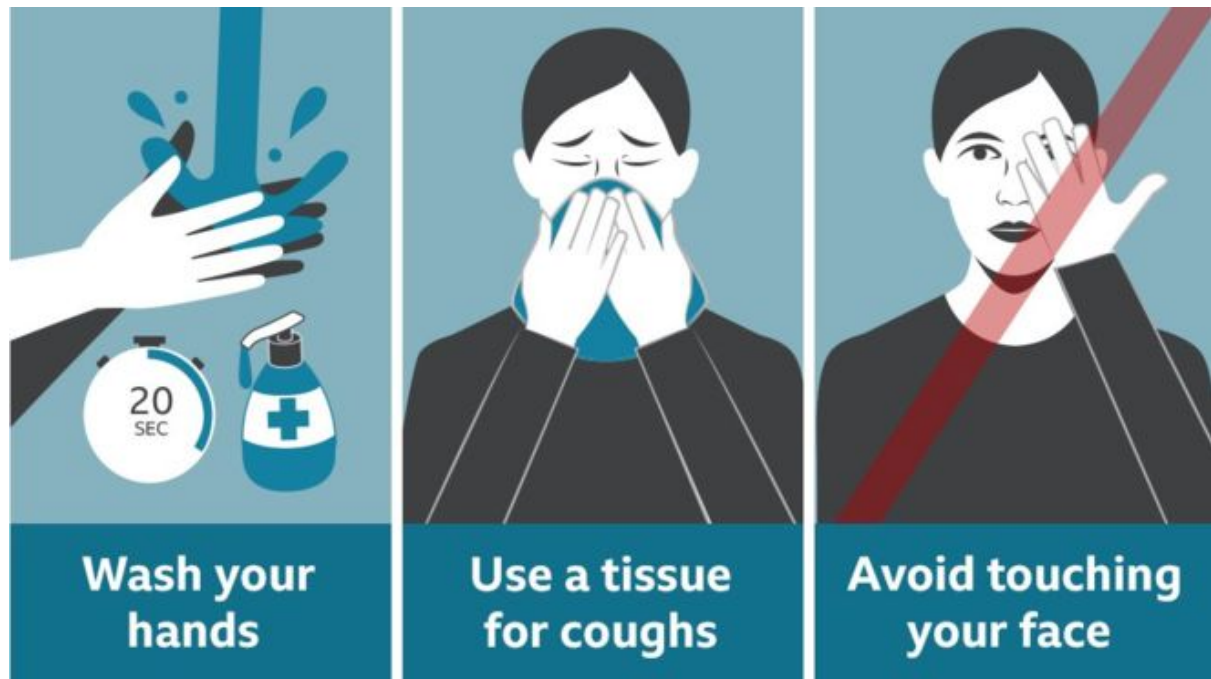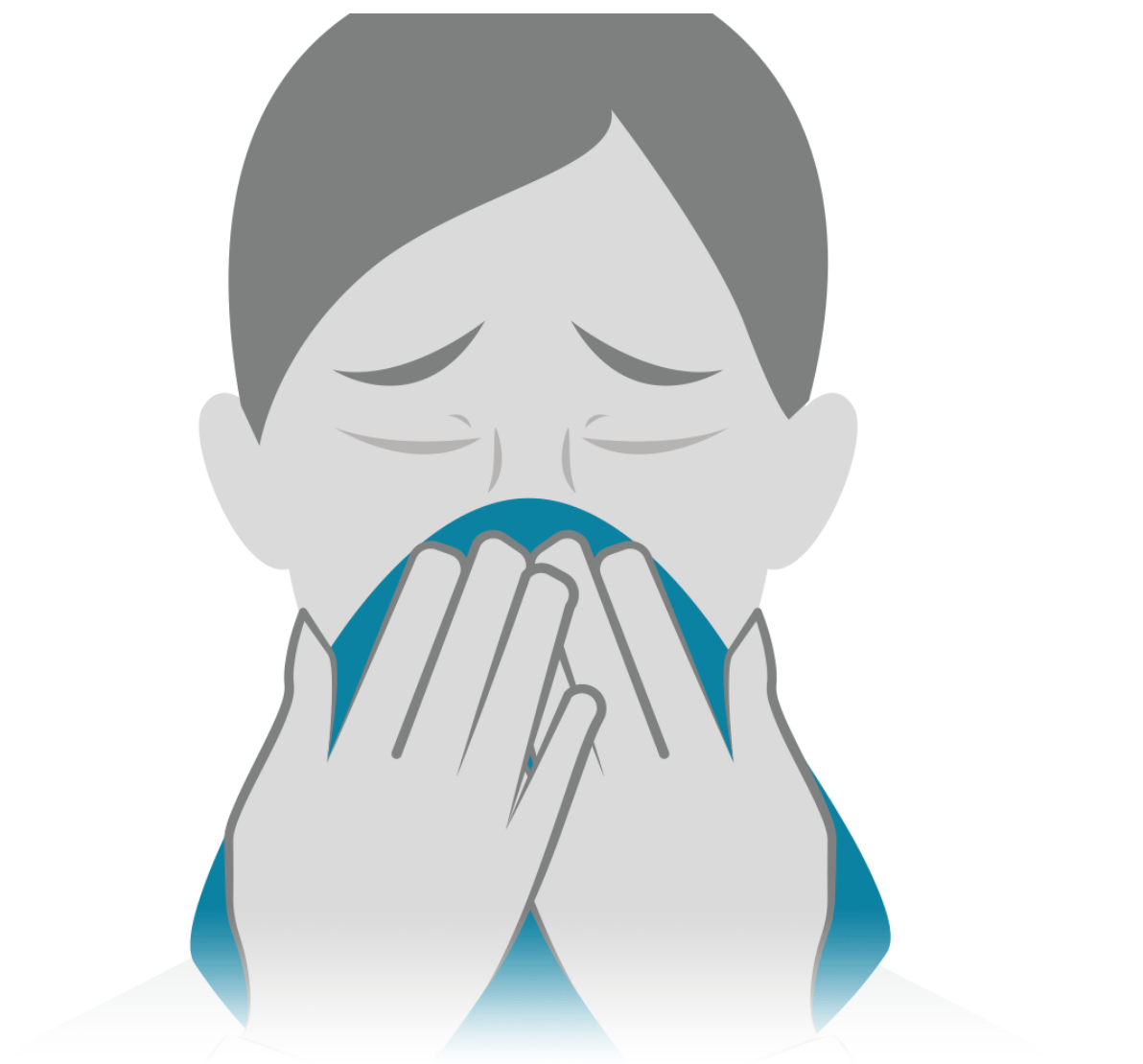

Public health experts have been giving out lots of advice to try to stop the spread of the virus.
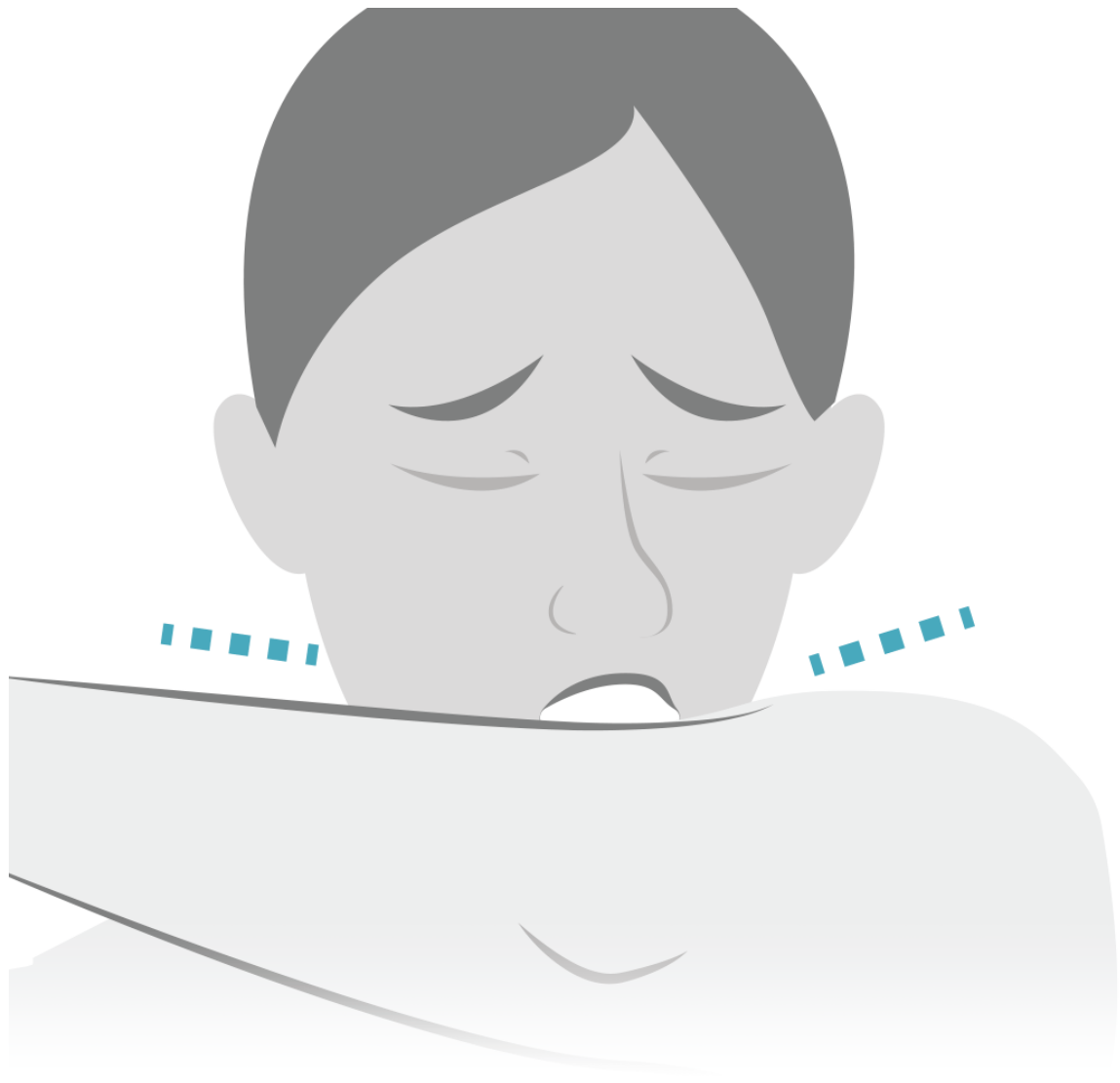
How do I protect myself?

20 SECONDS

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

Use a tissue for coughs and sneezes
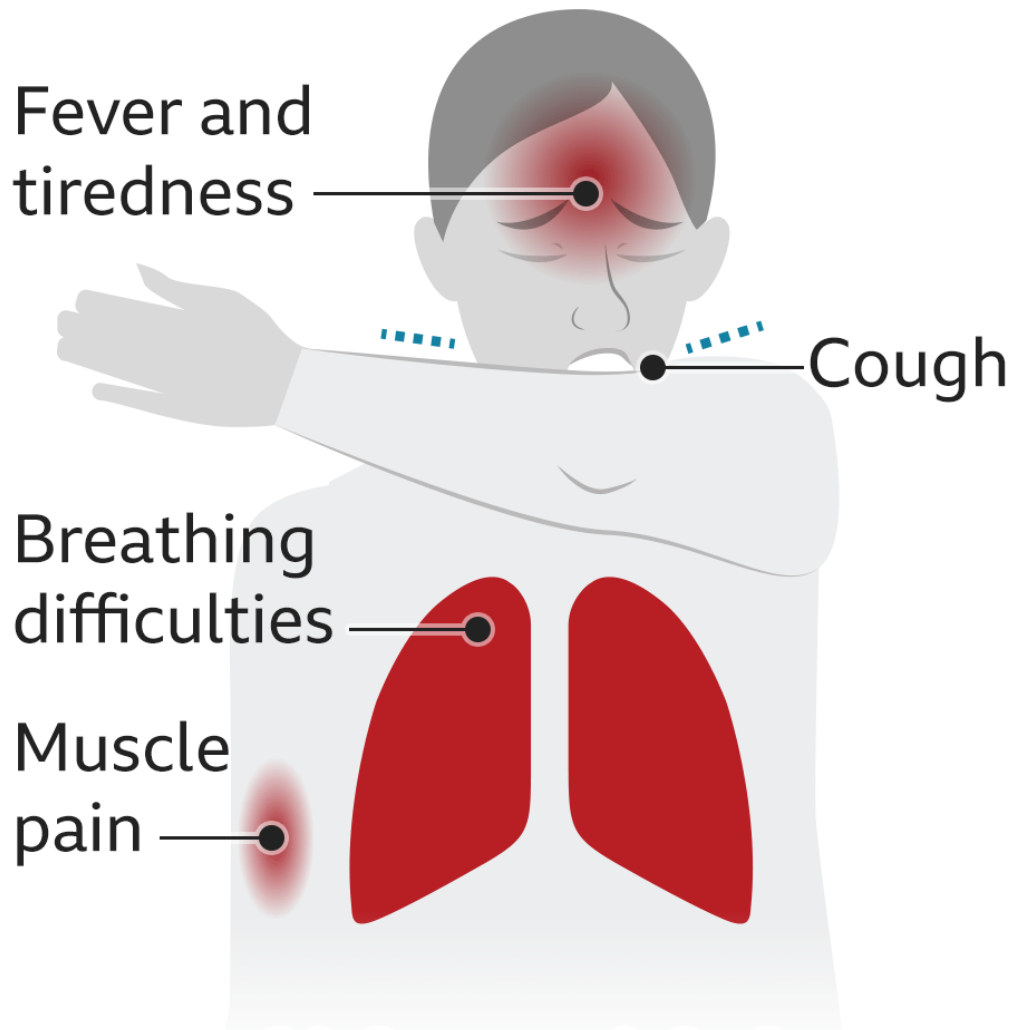
**If you don't have a tissue
use your sleeve**

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

Avoid close contact with people who are unwell

What are the symptoms?

Fever and tiredness

Cough

Breathing difficulties

Muscle pain

If you think you might have the virus, these are the symptoms to look out for

What should I do if I feel unwell?

Ring 111 if you are in the UK, do NOT go to a GP surgery, pharmacy or hospital

You may be asked to stay at home

You may be tested for the virus

at hospital

at a drive-thru testing point

at home