Coronavirus

Wash your hands more often

Coronavirus is a serious illness that can make you very ill.

The best way to not catch it is to wash your hands more often 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

Find out more at nhs.uk/coronavirus

PROTECT YOURSELF & OTHERS