

CORONAVIRUS

# STOP THE SPREAD



**Cover your cough or  
sneeze with a tissue or  
flexed elbow (not your  
hand)**



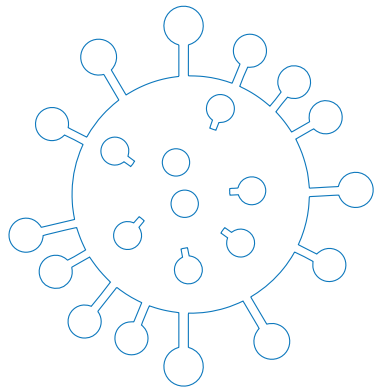
**Throw tissue into  
closable bin immediately  
after use**

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**111.nhs.uk**

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**Do not enter site if you have any of these symptoms**

## **A HIGH TEMPERATURE**

**This means you feel hot to touch on your chest or back (you do not need to measure your temperature)**



## **A NEW, CONTINUOUS COUGH**

**This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)**



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**Clean and disinfect frequently  
touched objects and surfaces**

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**Avoid touching your  
eyes, nose and mouth**

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## Please use hand sanitiser

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# STOP THE SPREAD

If you cough or sneeze  
use a tissue or flexed  
elbow (not your hand).



Throw tissue into  
closable bin immediately  
after use.



Regularly wash your  
hands with soap and  
warm water for at least  
20 seconds.



Avoid touching your  
face.



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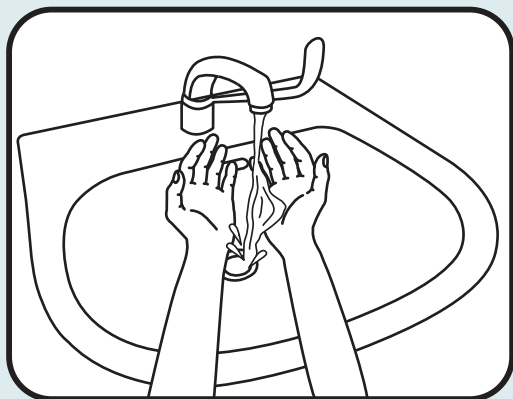
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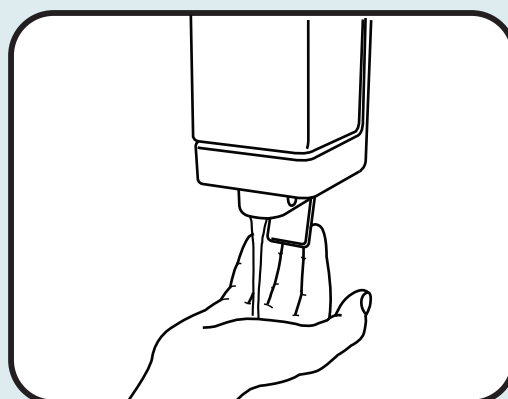
# STOP THE SPREAD



**Regularly wash your hands with soap and warm water for at least 20 seconds**



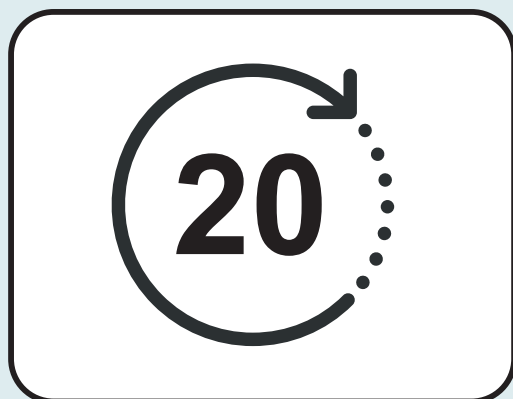
1. Wet your hands with clean water



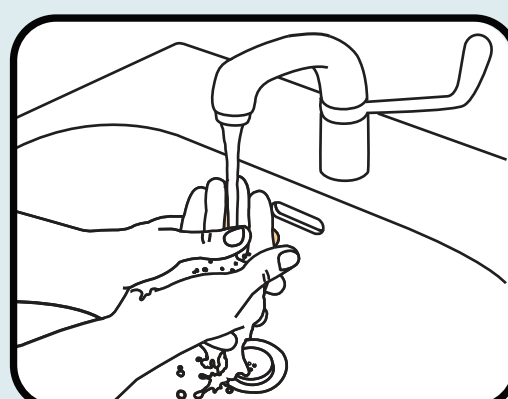
2. Apply soap



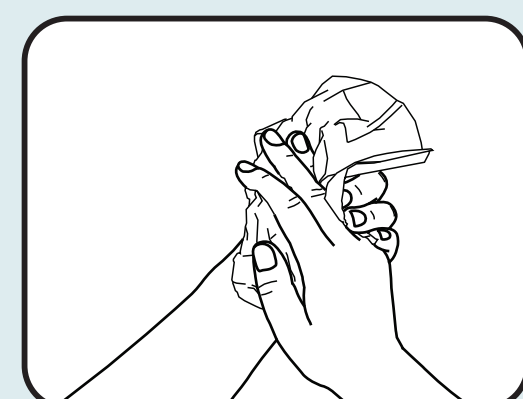
3. Lather your hands including under nails



4. Scrub your hands for at least 20 seconds



5. Rinse hands well under clean water



6. Dry hands using a clean towel or air dryer

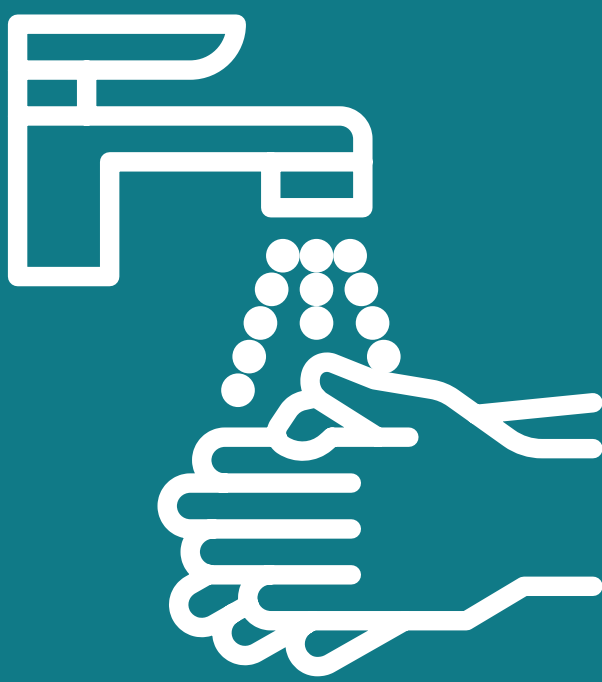
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# NO HANDSHAKES PLEASE



Please be aware a temporary  
no handshake policy is in  
operation on this site

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**PROTECT  
YOURSELF  
& OTHERS**