



HM Government



Coronavirus

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**

For more information and the Government's Action Plan go to nhs.uk/coronavirus

**Coronavirus.
Protect yourself
and others.**

**Information from the
Government and NHS.**

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**