



Coronavirus

How to stay safe



Don't spread it

Coronavirus is a new illness that is all across the world.

The symptoms are:

- **Fever**
- **Cough**
- **Trouble breathing**



Wash your hands more often for 20 seconds.

Use soap and water or a hand gel when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



If you are worried

Do NOT go to your GP

Stay home and phone NHS 111



For more information go to

[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

