



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](https://nhs.uk/coronavirus)**

**Coronavirus.  
Protect yourself  
and others.**

**Information from the  
Government and NHS.**

**CORONAVIRUS**

**PROTECT  
YOURSELF  
& OTHERS**