

HOW TO PREVENT CATCHING & SPREADING CORONAVIRUS

Chest
Heart &
Stroke
Scotland



Catch coughs & sneezes with
DISPOSABLE TISSUES



If you don't have a tissue
USE YOUR SLEEVE



THROW AWAY USED TISSUES
then wash your hands



WASH HANDS FREQUENTLY
with soap and water or use a
sanitiser gel



**AVOID TOUCHING YOUR EYES,
NOSE & MOUTH WITH
UNWASHED HANDS**



**AVOID CLOSE CONTACT WITH
PEOPLE WHO ARE UNWELL**



**NO LIFE
HALF LIVED**

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www.chss.org.uk/coronavirus