## HOW TO PREVENT CATCHING & SPREADING CORONAVIRUS



Catch coughs & sneezes with **DISPOSABLE TISSUES** 

If you don't have a tissue **USE YOUR SLEEVE** 



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** 

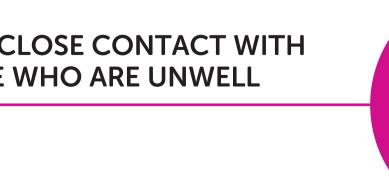
**AVOID CLOSE CONTACT WITH** PEOPLE WHO ARE UNWELL



















www.chss.org.uk/coronavirus