HM Government

NHS

CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

The best way to protect yourself and others is:

Wash your hands with soap and water, or use a sanitiser gel, regularly throughout the day.

Catch your cough or sneeze in a tissue, bin it, and wash your hands.

If you have recently arrived back from specified areas follow the returning traveller advice. Check the list of areas and find out more at **nhs.uk/coronavirus**