How not to catch or spread coronavirus

✓ Wash your hands with soap and water often for at least 20 seconds

✓ Wash your hands when you get home, to school or work

✓ Use hand sanitiser if you can't use soap and water

✓ Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze

✓ Put used tissues in the bin and then wash your hands

✓ Try not to get close to people who are unwell

✗ Do not touch your eyes, nose or mouth if your hands are not clean