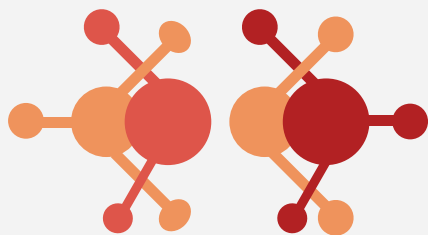


Coronavirus

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a family of viruses, known as coronavirus.



How does it spread?

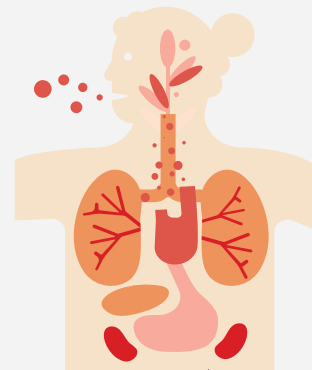
It's spread in a similar way to colds and the flu. This can be via droplets from coughs and sneezes, and by touching or shaking hands.

Anyone infected can pass it on to any surface or person they breathe on or touch.



Symptoms

- A dry cough
- A high temperature (fever)
- Shortness of breath



Preventative measures

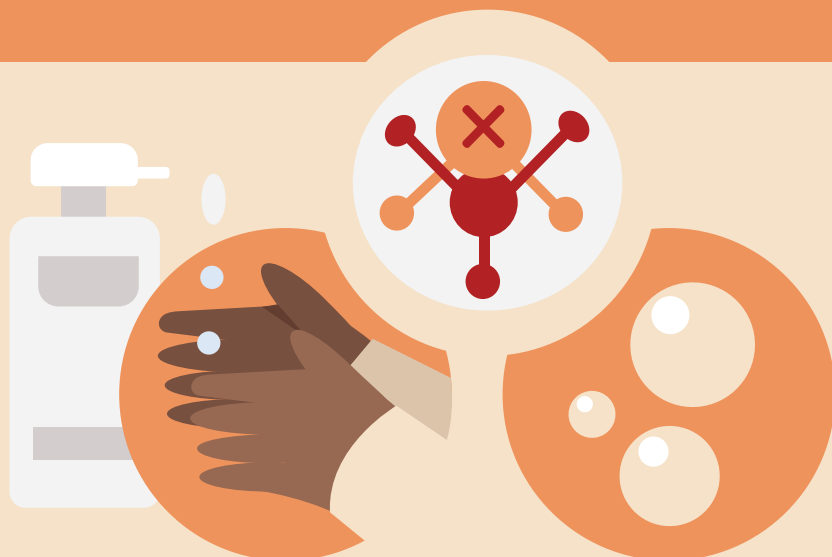
Wash hands regularly with soap.

Aim to wash them for 20 seconds, getting a good lather. Pay attention to the tips of your fingers and the gaps in between.

If soap and water aren't available, use an alcohol-based hand sanitiser.

Avoid unnecessarily close contact with others, particularly people who are sick.

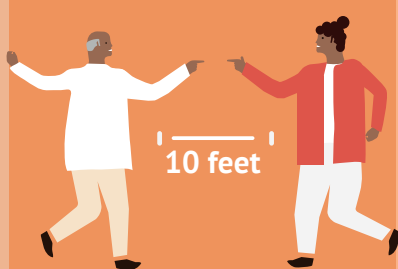
Use alternative greetings to shaking hands or kissing on the cheek.



Alternative Greetings



The Leg Bump



The 10 Feet Point



Wave



The Elbow Bump

What to do if you are worried

Use reputable information sources – If in doubt, get the latest information from:

- World Health Organisation (WHO)
- NHS
- GOV.UK

Seek medical advice early – If you think you have symptoms, do not to go to your GP or hospital – instead, call the NHS 111 phone service.