



HM Government



Coronavirus

Wash your hands more often



Coronavirus is a serious illness that can make you very ill.



The best way to not catch it is to wash your hands more often for 20 seconds.



Use soap and water or a hand sanitiser when you:

- Get home or into work



- Blow your nose, sneeze or cough



- Eat or touch food

Find out more at
[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**