HM Government

NHS

CORONAVIRUS

If you have been to an affected place
in the last 14 days

or

had contact with somebody
with Coronavirus,

and

do you have any of these symptoms?

Cough

Fever

**Shortness of
breath**

If yes, to protect yourself and others please
go home and search 'nhs coronavirus'
for advice and to access the 111 online
coronavirus service or call NHS 111.

Find out more at gov.uk/coronavirus

NHS

CORONAVIRUS

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 handle food

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

For more information and the Government's
Action Plan go to **nhs.uk/coronavirus**