

Stop the spread of infection

When you cough or sneeze:

- Catch it in a tissue (or your inner elbow)
- Bin it
- Kill it - clean your hands

Clean hands for at least 20 seconds with soap and water or hand sanitiser

- before preparing food and eating
- after using the toilet
- after touching pets or animals
- when leaving home and arriving home

Avoid touching your eyes, nose or mouth with unclean hands. If possible keep at least 2 meters away from other people. Avoid preparing food for others, especially if you have vomiting and diarrhoea.

Do not share items such as cutlery and toothbrushes.

Keep up to date with vaccinations