



Advice for stopping the spread of viruses



Cover your nose/ mouth when sneezing

You can do this by using the fold of your elbow to catch the sneeze or cough.



Put tissues in the bin immediately then wash your hands

Don't drop them on your desk, on the floor or leave them lying around.



Wash your hands often and thoroughly

Wash for at least 20 seconds. Wash every part of your hands thoroughly.



Wash hands at work, home, before touching food & after the toilet

Hand sanitiser can be used on the move or if water + soap are not available. You can keep one in your bag or car.



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

Many of us do this without thinking, so try to get into better habits. Wash your hands after touching animals.



Avoid close contact with people

It makes sense to be careful. Keep your distance especially if people are displaying symptoms.