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CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

Germs can live on some surfaces for hours.
To protect yourself and others:

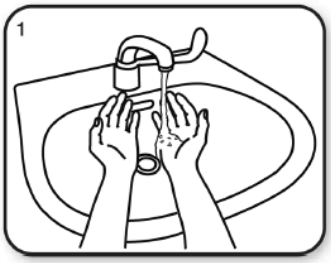
- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel.
- If you have arrived back from China within 14 days follow the specific advice for returning travellers.

This is the best way to slow the spread of almost any germs, including Coronavirus.

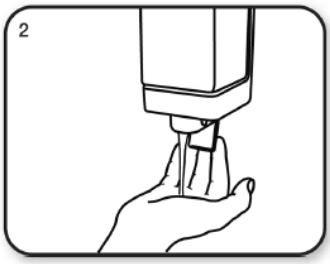
Find out more at gov.uk/coronavirus

How to Hand Wash - Step by Step Images

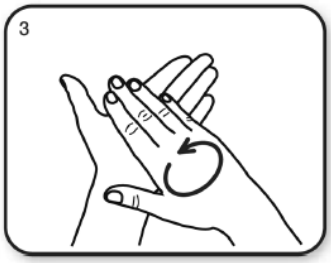
Source: World Health Organisation



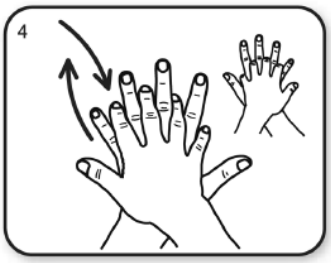
Wet hands with water



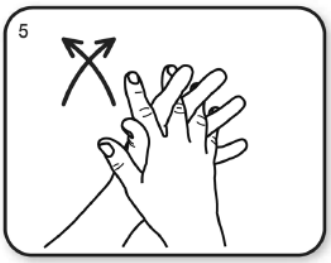
Apply enough soap to cover all hand surfaces



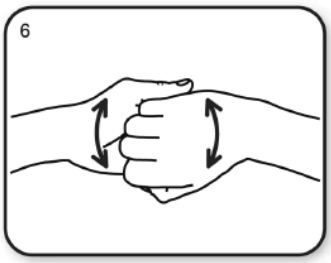
Rub hands palm to palm



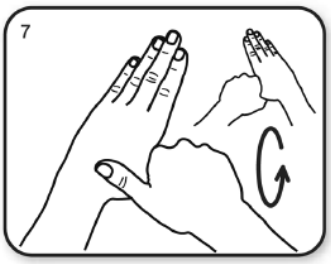
Right palm over the back of the other hand with interlaced fingers and vice versa



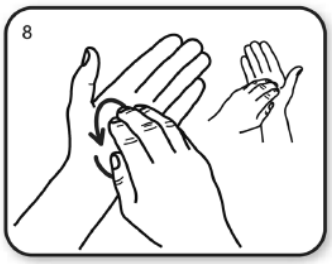
Palm to palm with fingers interlaced



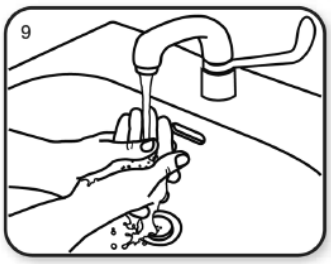
Backs of fingers to opposing palms with fingers interlocked



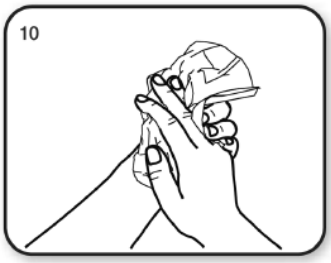
Rotational rubbing of left thumb clasped in right palm and vice versa



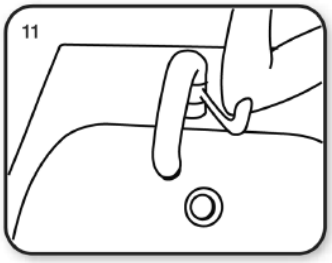
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



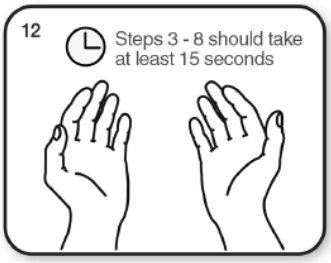
Rinse hands with water



Dry thoroughly with towel



Use elbow to turn off tap



...and your hands are safe

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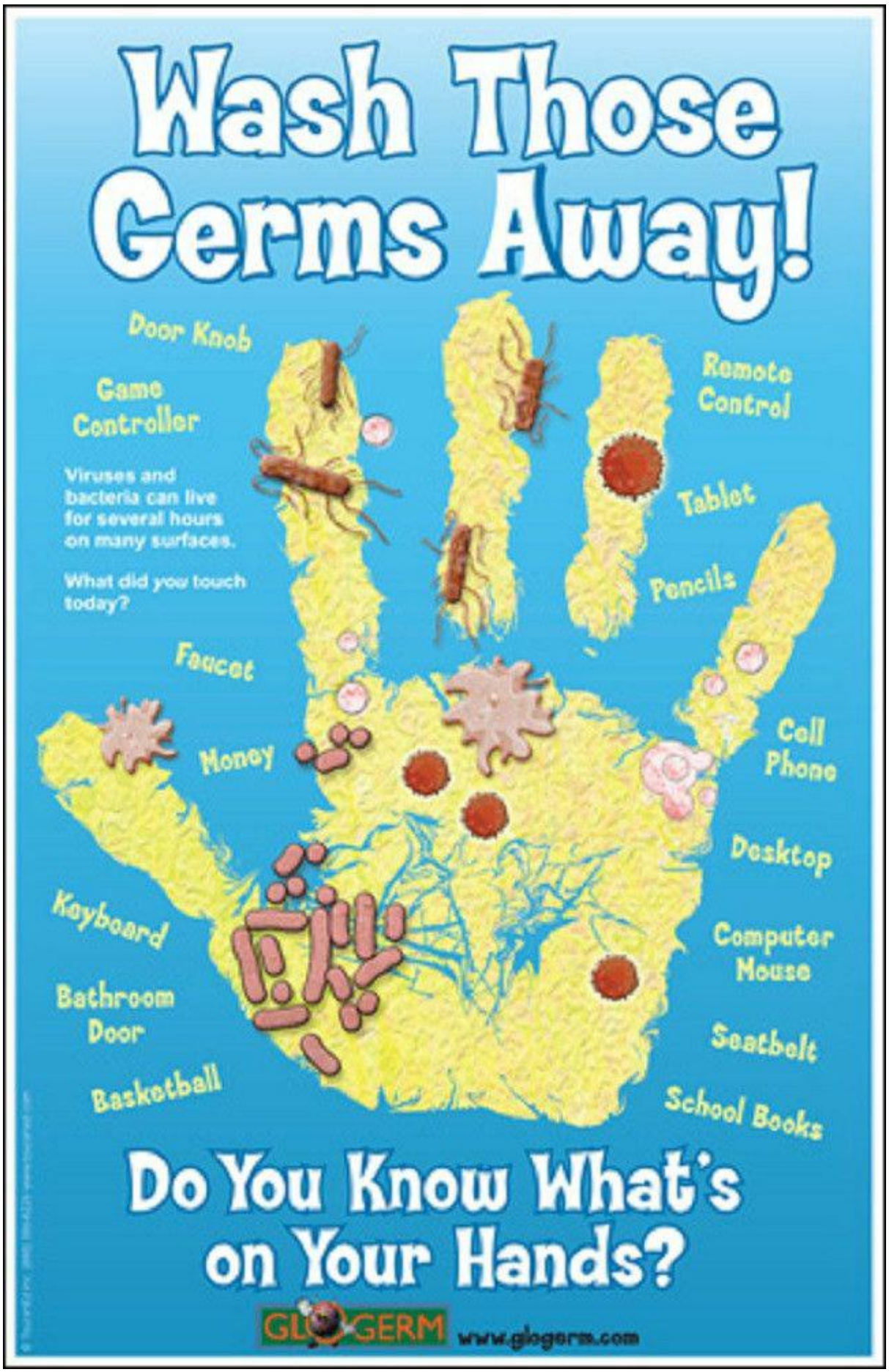
CATCH IT.

BIN IT.

KILL IT.


Wash Those Germs Away!
Door Knob
Game Controller
Viruses and bacteria can live for several hours on many surfaces.
What did you touch today?
Faucet
Money
Keyboard
Bathroom Door
Basketball
Remote Control
Tablet
Pencils
Cell Phone
Desktop
Computer Mouse
Seatbelt
School Books
Do You Know What's on Your Hands?
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