



HM Government

**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



For more information and the Government's  
Action Plan go to [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

**CORONAVIRUS**

**PROTECT  
YOURSELF  
& OTHERS**