

If you have a



new and  
continuous cough

or



high  
temperature

**stay at home for 7 days**, if you live alone

**stay at home for 14 days**, if you live with others, including all household members

Only use **NHS 111** if your symptoms get worse or are no better after home isolation

## Stop the spread of coronavirus



**Wash your hands  
more often  
and 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

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away



**Supervise young children** to ensure they wash their hands more often than usual



**Posters and lesson plans on general hand hygiene** can be found on the eBug website



Clean and disinfect regularly touched objects and surfaces more often than usual using your **standard cleaning products**



**Staff, young people and children should stay at home if they are unwell** with a new, continuous cough or a high temperature to avoid spreading infection to others

If staff, young people or children become unwell on site with a new, continuous cough or a high temperature **they should be sent home**

We are asking schools, colleges, nurseries, childminders and other registered childcare settings **to remain open for children of critical workers and vulnerable children** where they can