

KILL THE CORONAVIRUS!

TOP TIPS TO HELP STOP THE SPREAD AT HOME



Wash your hands often and thoroughly (20 seconds) with hot soapy water or use a 60% alcohol hand sanitiser



If you cough or sneeze, use a tissue. Bin the tissue and wash your hands



Keep nails trimmed short and remove false nails, rings and bracelets for effective handwashing



Don't touch your nose, lips or rub your eyes



Shower and wash your hair each day



Gargle with antiseptic mouthwash



Keep social distancing – least 2 metres (3 paces) apart



Get some sunshine – UV rays kill the virus



Clean hard surfaces including handles, stair rails, keyboards and phones regularly with detergents and bleach. The virus lives on hard surfaces for 12 hours



Wash clothes frequently with normal detergent. Put fabrics which can't be washed in the sun