

# What should I do to prevent catching and spreading the virus?



**Wash hands frequently** with soap and water or use a sanitiser gel



**Catch coughs and sneezes with disposable tissues**



**Throw away used tissues** (then wash hands)



**If you don't have a tissue use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**

Source: NHS

**BBC**