



# COVID-19 (coronavirus): Public information

You can help prevent the spread of infection.

The best way to protect yourself and others is:



Wash your hands with soap and water, or use a sanitiser gel, regularly throughout the day.



Catch your cough or sneeze in a tissue, bin it, and wash your hands.

If you have recently arrived back from specified areas follow the returning traveller advice.

Check the list of areas and find out more at

**[pha.site/coronavirus](https://pha.site/coronavirus)**