



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 a:

- **high temperature**
and/or
- **new persistent cough**

Self-isolate (stay at home) for 7 days

Do **not** go to a GP surgery, pharmacy or hospital.

Call your GP if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days.

If it is a medical emergency and you need to call an ambulance, dial 999 and inform the operator of your symptoms.

For further information and self-isolation advice, visit
www.pha.site/coronavirus

