HM Government

NHS

Coronavirus
Wash your hands more often

Coronavirus is a serious illness that can make you very ill.

The best way to not catch it is to wash your hands more often 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 touch food**

**Find out more at
nhs.uk/coronavirus**

CORONAVIRUS
**PROTECT
YOURSELF
& OTHERS**