

Public Health England's Key Messages

- cover the mouth and nose with a tissue or sleeve (not hands) when coughing or sneezing
(Catch it — Bin it — Kill it)
- put used tissues in the bin straight away
- wash hands regularly with soap and water for at least 20 seconds; use hand sanitiser gel if soap and water are not available
- avoid close contact with people who are unwell
- clean and disinfect frequently touched objects and surfaces
- do not touch face, eyes, nose or mouth if hands are not clean