Stop the spread of coronavirus

- Wash your hands more often and 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 handle food

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. Dispose of the tissue straight away.

Cleaning an area with regular household disinfectant after someone with suspected coronavirus has left will reduce the risk of passing the infection on to other people.

Wherever possible, wear disposable or washing up gloves and aprons for cleaning. These should be double bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished.

Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products you normally use. Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles.

The amount of virus living on surfaces will reduce significantly after 72 hours.

If an area has been heavily contaminated, such as with visible bodily fluids, from a person with coronavirus, consider using protection for the eyes, mouth and nose as well as gloves and apron.

Wash hands regularly with soap and water, and after removing gloves, aprons and other protection used whilst cleaning.

Stay at home for 14 days, this includes all household members if you live with others.

Seek clinical advice using the online assessment gov.im/covidtest to determine whether a call needs to be made to the COVID 111 helpline.

If you have a new and continuous cough or high temperature.

Ref: COVID-19: 009P
19 March 2020