

LET'S STOP CORONAVIRUS



Coronavirus Help stop the Spread

Follow these six simple steps to protect yourself and those around you from the Coronavirus

What YOU need to do

- 1. Wash your hands regularly**
Wash hands for at least 20 seconds with soap and hot water or use a sanitising gel. Do this after using the toilet, touching communal items such as the kettle and before and after eating.
 - 2. Don't touch your face**
Avoid touching your eyes, nose or mouth with your hands. If you need to touch your face use a tissue. Bin the tissue after contact with your eyes, nose or mouth. Wash your hands after contact with your face.
 - 3. Use a tissue**
Always try to cough or sneeze into a clean tissue then bin it immediately.
 - 4. Don't spray**
If you feel the need to cough or sneeze and have no tissue to hand. Use the crease of your elbow to stop bacteria spreading through the air.
 - 5. Regularly refresh**
Do not rely solely on soap and water or hand sanitiser. Use antibacterial surface wipes to clean high traffic areas such as kitchen counters and door handles.
 - 6. Isolate**
Do not put you or others around you at risk. If you are experiencing symptoms of Coronavirus, do not go to work, do not go out, remain indoors and contact NHS 24 by calling 111 or online at 111.nhs.uk.
- Signs and symptoms of Coronavirus**
Headache, dry cough, fever / muscle pain and difficulty breathing.



Synthetic Paper
420 x 594mm
5 5000



Prevent the spread of Coronavirus



Wash your hands frequently

2 5026 E



Prevent the spread of Coronavirus



Dispose of used tissues in bins provided

2 5027 E

STOP THE CORONAVIRUS BECOMING WIDESPREAD IN THE UNITED KINGDOM

With news of the Coronavirus (COVID-19) continuing to make headlines around the world, the need to tackle the spread of this deadly virus is greater than ever.

Guidance, education and knowledge are key to ensuring the safety of individuals and as such we can now offer a range of signs and posters to help improve hand hygiene, advise of symptoms and protocols to follow and to prevent potentially infected visitors from entering your building.

We can all do our part in helping to prevent the spread by following some simple practices such as washing our hands regularly and thoroughly, self-isolating if concerned and contacting the NHS 111 if concerned (rather than visiting a busy doctors surgery or hospital).

This range of signs and posters will hopefully help to reinforce the message being given by government and health professionals as we continue to try and prevent the spread of the coronavirus (COVID-19). We are also able to produce custom messages if required – please contact us for a quote.



Attention all visitors

In response to the recent outbreak of the Coronavirus (COVID – 19) we ask all visitors to self-screen before entering the building, to help lessen spread of the virus.



Do not enter if:

- You have visited a high-risk country in the past 14 days (eg. Italy, China, Hong Kong, South Korea)
- You have had contact with any possible source of the virus
- You have had a fever of 37.3C / 100.4F in the past 24 hours and respiratory problems with at least 2 of the following symptoms: Cough, Sore throat, Runny nose, Nasal congestion



If you have met any of the above criteria please return home and contact NHS 111 for advice.



If you are safe to enter please do so and follow the guidance below:

- Wash your hands regularly and thoroughly
- Avoid touching your face with your hands
- Use tissues and bin after use

1 5029 H
2 5029 H



Prevent the spread of Coronavirus



Catch it
Cover your nose and mouth with a clean tissue when you cough or sneeze



Bin it
Dispose of used tissue in your nearest bin



Kill it
Washing your hands and cleaning surfaces prevents the spread of germs

2 5028 E

We can create custom Coronoavirus signs to suit your business