

## Coronavirus (2019-nCoV) Advice and Guidance

### **Wash hands frequently**

- ▶ Wash your hands using a hand sanitiser or soap and water, especially after contact with anyone showing symptoms
- ▶ Washing your hands with hand sanitiser or soap and water kills the virus if it is on your hands

### **Respiratory hygiene**

- ▶ When coughing and sneezing, always cover your mouth and nose with flexed elbow or clean tissue
- ▶ Discard tissue immediately using a closed bin and wash your hands using a hand sanitiser or soap and water
- ▶ Covering your mouth and nose when coughing and sneezing can prevent the spread of the virus. If you sneeze or cough into your hands, you may contaminate objects or people you've touched

### **Maintain social distance**

- ▶ Maintain at least 1 metre distance between yourself and other people, especially those who are showing symptoms
- ▶ When someone who is infected with a respiratory disease such as 2019-nCoV, coughs or sneezes can project small droplets containing the virus

### **Avoid touching eyes, nose and mouth**

- ▶ Many surfaces can be contaminated with the virus. If you touch your eyes, nose or mouth with contaminated hands, you could transfer the virus to yourself

### **Showing symptoms?**

- ▶ If you have a fever, cough and difficulty breathing, seek medical care immediately
- ▶ Tell your health care provider if you have travelled in an area in China where 2019-nCoV has been reported or been in contact with someone who has travelled from China and showing symptoms
- ▶ If you have mild respiratory symptoms and not travelled from China, carefully practice basic respiratory and hand hygiene and stay at home until you have recovered