

# COVID-19 (Corona) Virus

On 23 March 2020, the government outlined strict new measures to tackle the spread of coronavirus, including a ban on public gatherings of more than two people.

- Only go outside for food, health reasons or essential work
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home.

Stay at home for 7 days if you have either:

a high temperature

a new continuous cough

If you live with other people, they should stay at home for 14 days from the day the first person got symptoms.

- This will help to protect others in your community while you are infectious.

Do not go to a GP surgery, pharmacy or hospital. You do not need to contact NHS 111 to tell them you're staying at home.

Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel. Remember: Catch it, Bin it, Kill it.

Wash your hands often with soap and water for at least 20 seconds, especially after using public transport, when you get in from work or blow your nose, sneeze or cough. Wash your hands before you eat or handle food. Use a sanitiser gel if soap and water are not available.

Avoid touching your face, especially if you haven't washed your hands.

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As advice is changing regularly you are directed to the following resources for the latest published information and advice:

Government Public Health England – for information on symptoms, social distancing, self-isolation etc

[www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public](http://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public)

with further specific guidance here:

[www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response](http://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response)

NHS.UK – for information on how to reduce your risks of catching the virus, symptoms and treatment

[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)