

# Recommended hand hygiene steps to prevent the spread of coronavirus

Follow these simple steps:



## Symptoms

- A cough
- Shortness of breath
- Breathing difficulties
- Fever (high temperature)

## Advice for people who think they may have coronavirus

1. Do not go to a GP surgery, pharmacy or hospital.
2. Contact NHS 111 (UK) or 112 (ROI).
3. You may be asked to self-isolate.
4. Your details may be passed to local health protection teams.
5. You may then be tested for the virus.
6. A doctor or nurse will give you advice on what to do next.