



HM Government

NHS

Coronavirus

Wash your hands more often 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

For more information and the Government's
Action Plan go to nhs.uk/coronavirus

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

HAND CLEANING TECHNIQUES

How to handwash?

WITH SOAP AND WATER

