

# Prevent the spread of Coronavirus

**wash your  
hands here**



**Regularly  
wash your  
hands for at least  
20 seconds  
with soap and water**

**Alcohol gel or  
wipes should be  
used if soap and  
water not available.**

**Aqueous cream  
(mixed with a little water)  
can be used as a soap  
substitute for sensitive skin.**

**PROTECT OURSELVES. PROTECT OTHERS. PROTECT NORFOLK.**



**Norfolk** County Council  
Public Health