

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.**

For more information on how to protect
yourself, visit [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)