



HM Government



# CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

Germs can live on some surfaces for hours.

To protect yourself and others:

- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue and, to kill the germs, wash your hands with soap and water, or use a sanitiser gel.

This is the best way to slow the spread of almost any germs, including Coronavirus.

If you have arrived back from China or specified countries within the last 14 days, follow the returning traveller advice.

Check the list of countries and find out more at [gov.uk/coronavirus](https://www.gov.uk/coronavirus)