

COVID-19 Best Practice Hygiene Policy

Wash your hands frequently

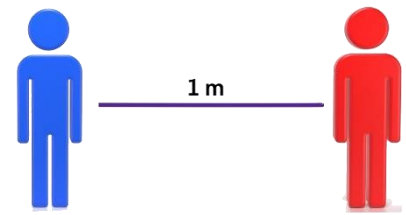
Regularly and thoroughly clean your hands with soap and water **for at least 20 seconds**. Alternatively use an alcohol-based hand sanitiser. This will kill viruses that may be on your hands.



Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain viruses. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.



Avoid touching eyes, nose and mouth

Avoid touching your eyes, nose and mouth with unwashed hands. Try to avoid shaking hands with others and instead greet them by waving or nodding.

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you ill.



Practice respiratory hygiene

Make sure you follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or a tissue when you cough or sneeze.

Dispose of used tissues immediately, then wash your hands with soap and water **for at least 20 seconds**.



Stay at home if you have coronavirus symptoms

Stay at home for 14 days if you have either a **high temperature** (body temperature of over 37.8°C) or a **new, continuous cough** (this means you've recently started coughing repeatedly).

Do **NOT** go to a GP surgery, pharmacy or hospital. If you are concerned use the NHS 111 service online, or call NHS 111 if you need to speak to someone.

