

# How Coronavirus is spread



Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food

## How to avoid catching or spreading Coronavirus

### Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who are unwell
- only travel on public transport if you need to
- work from home if you can
- avoid social activities such as going to pubs, restaurants, theatres and cinemas
- avoid large events with large groups of people
- use phone, online services, or apps to contact your GP surgery or other NHS services

### Don't

- do not touch your eyes, nose or mouth if your hands are not clean
- do not have visitors to your home, including friends and family