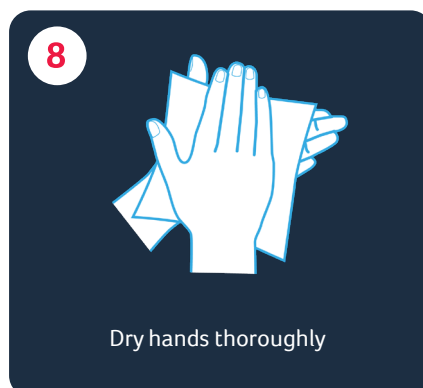
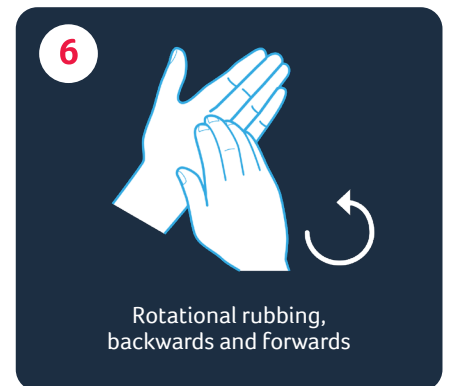
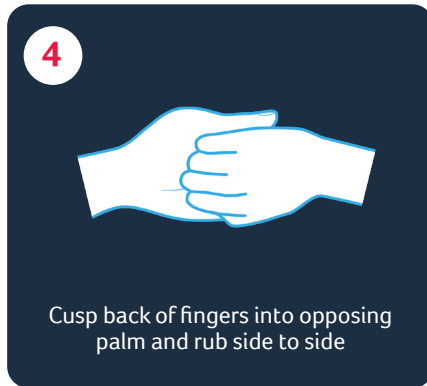
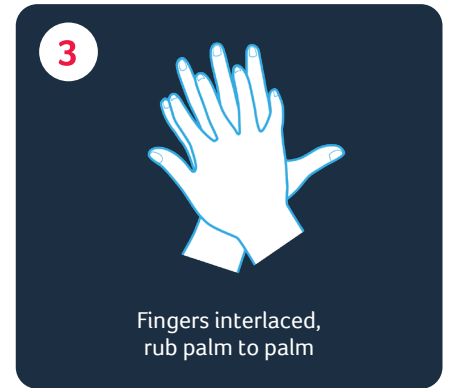
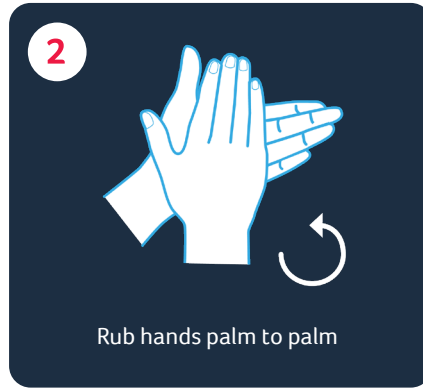


Recommended hand hygiene steps to prevent the spread of coronavirus

Follow these simple steps:



Symptoms

- A cough
- Shortness of breath
- Breathing difficulties
- Fever (high temperature)
- A loss of, or change in, your normal sense of taste or smell (anosmia)

Advice for people who think they may have coronavirus

1. Do not go to a GP surgery, pharmacy or hospital.
2. You must immediately self-isolate as per the government guidance.
3. You must book a test via your relevant government testing service.
4. On the results of that test either positive or negative you are to follow the instructions from the relevant government testing service.
5. If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus (COVID-19) service. If you do not have internet access, call NHS 111. For a medical emergency dial 999.