



Coronavirus: 5 things to do right now

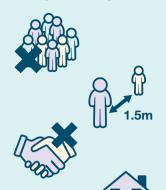
You might be feeling worried about the coronavirus (COVID-19).

You might be wondering what you should be doing.

Here are 5 things to do right now to keep yourself healthy.



Stay away from lots of people



Avoid places and events where there are lots of people.

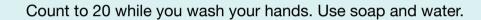
Try to keep 1.5 metres away from other people.

Don't hug, kiss or shake hands with other people.

If you feel unwell, stay at home.

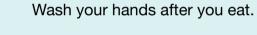
Wash your hands many times per day







Use hand sanitiser if you can't use soap.





Manage your sneezing and coughing



Don't touch your eyes, nose or mouth.



Sneeze or cough into a tissue then put the tissue in the bin.

If you don't have a tissue, sneeze or cough into your bent elbow.



If you feel unwell, call the doctor. Tell someone you trust.

If you have trouble breathing, call an ambulance straight away on 000.