Coronavirus advice

Follow good hygiene practice, which helps protect from all kinds of infections:

• **Catch it.** Germs spread easily – always carry tissues and use them to catch your cough or sneeze.

• **Bin it.** Germs can live on tissues for several hours; bin them as soon as you can.

• **Kill it.** Hands transfer germs to every surface they touch. Clean your hands as soon as you can.

• Call the NHS on 111 if you feel unwell
• Visit amey.co.uk/hub or for more information