

1. Preventing spread of infection

There are general principles you can follow to help prevent the spread of respiratory viruses, including:

- **wash your hands often with soap and water for at least 20 seconds.**
- **Use an alcohol-based** hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who are sick
- if you feel unwell, stay at home, do not attend work or school
- cover your cough or sneeze with a tissue, then throw the tissue in a bin. See [Catch it, Bin it, Kill it](#)
- clean and disinfect frequently touched objects and surfaces in the home and work environment

If you are worried about your symptoms, please visit [NHS 111 online](#). Do not go directly to your GP or another healthcare environment

There is currently no vaccine to prevent 2019-nCoV acute respiratory disease. The best way to prevent infection is to avoid being exposed to the virus.

2. Symptoms and what to do

If you develop any of the following symptoms: Cough, difficulty in breathing, or a fever (a temperature of 38 degrees C or higher)

- avoid contact with others
- stay at home, do not attend work or school for a period of 7 days
- cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Throw tissues in the bin
- wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser if soap and water are not available

3. Feeling unwell while away from home

Do not go to your GP, pharmacy, urgent care centre or a hospital if you become unwell.

Instead go straight home and follow the instructions as above.

Try to keep away from other people, and avoid touching people, surfaces and objects. Cover your mouth and nose with a disposable tissue when you cough or sneeze and put the tissue in your bag or pocket, then throw the tissue in the bin. If you don't have any tissues available, cough and sneeze in to the crook of your elbow.

4. Post, packages, take-away food

The virus does not survive well for long periods outside the body and so it is highly unlikely that 2019-nCoV can be spread through post or packages.

It is highly unlikely that 2019-nCoV can be spread through food.

See also www.nhs.uk , www.gov.uk or the [Public Health England Blog](#) for further information