

If you have a



new and  
continuous cough

or



high  
temperature

**stay at home for 7 days**, if you live alone

**stay at home for 14 days**, if you live with others, including all household members

Only use **NHS 111** if your symptoms get worse or are no better after home isolation

## Stop the spread of coronavirus



**Wash your hands  
more often  
and for 20 seconds**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away



Passengers should wash their hands **before and after they have been on public transport**

Frequently clean and disinfect objects and surfaces that are touched regularly, using your standard cleaning products

**Advise passengers they should not travel if they are feeling unwell** with symptoms of coronavirus - a new, continuous cough or a high temperature. This will also help to protect others from infection

**Use announcements in transport hubs to reinforce key messages**, such as washing hands before and after travel, and what to do if unwell

if someone becomes unwell while at a transport hub or on their journey with a new, continuous cough or a high temperature, **they should be sent home**