

Guidance on how to avoid catching or spreading coronavirus (COVID-19)

Do

- ✓ Wash your hands with soap and water often - do this for at least 20 seconds.
- ✓ Always wash your hands when you get home or into work.
- ✓ Use hand sanitiser gel if soap and water are not available.
- ✓ Cover your mouth and nose with a tissue or your sleeve (not your hands) if you cough or sneeze.
- ✓ Put used tissues in the bin straight away and wash your hands afterwards.
- ✓ Try to avoid close contact with people who are unwell.

Don't

- ✗ **Do not** touch your eyes, nose or mouth if your hands are not clean.

For Government advice please visit

www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

For NHS advice please visit

www.nhs.uk/conditions/coronavirus-covid-19

For FSB advice and resources for small businesses please visit

www.fsb.org.uk/coronavirus

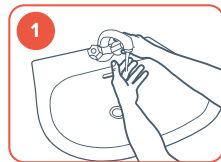
fsb.org.uk



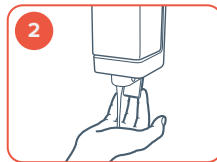
How to handwash

WITH SOAP AND WATER

Duration of entire procedure
40-60 seconds



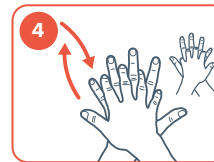
Wet hands with water



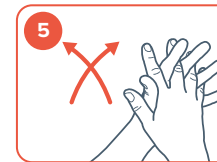
Apply enough soap to cover all hand surfaces



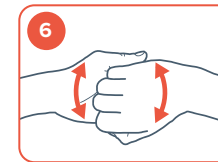
Rub hands palm to palm



Rub back of each hand with the palm of the other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlaced



Rub each thumb clasped in opposite hand using rotational movement



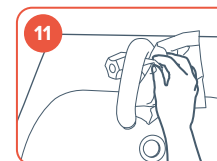
Rub tips of fingers in opposite palm in a circular motion



Rinse hands with water



Dry roughly with a single-use towel



Use towel to turn off tap



Your hands are now safe

How to handrub

WITH ALCOHOLIC HANDRUB (containing at least 60% alcohol)

Duration of entire procedure
20-30 seconds



Apply a small amount of the product (about 3ml) into a cupped hand



Apply enough to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with the palm of the other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlaced



Rub each thumb clasped in opposite hand using rotational movement



Rub tips of fingers in opposite palm in a circular motion



When dry, your hands are now safe