

# HEPATITIS C NEWS



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## CORONAVIRUS

*7 steps to prevent the spread of the virus*

# ACT NOW!

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# CORONAVIRUS

## *7 steps to prevent the spread of the virus*

1. Wash your hands thoroughly and frequently – for 20 seconds under warm water or with alcohol gel
2. Avoid touching your eyes, mouth and nose
3. Cover your cough or sneeze with the bend of your elbow or tissue – dispose of tissue after use and wash hands
4. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people
5. Avoid social activities including friends at home, public transport and crowded places. Social distancing is really important – keep 2 metres or two steps away from people
6. Stay at home and self-isolate if you feel unwell – even with a slight fever and cough, for 14 days
7. If you have a fever and cough lasting for more than 7 days or your condition gets worse then call 111. If you have difficulty breathing seek medical care – **don't delay call 999**

**Everyone should take steps to protect themselves and others and to stop coronavirus spreading, however it is particularly important for people who:**

- are 70 or over
- have a long-term health condition including asthma, COPD
- are pregnant
- have a weakened immune system

### **More guidance**

Stay at home: guidance for households with possible coronavirus (COVID-19) infection <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>