

Coronavirus: Britons returning from northern Italy told to self-isolate

Click on the link to article: <https://www.bbc.co.uk/news/uk-51625733>

Click here for the latest advice

https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public?gclid=EAlaIQobChMI-7eK8MTs5wIVxrHtCh0sbwjxEAAAYASAAEgLFjvD_BwE

Encouraging good hygiene

As always, if you have symptoms of a cold or flu, then there are measures you can take to stop germs:

- always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- avoid touching your eyes, nose and mouth with unwashed hands.
- avoid close contact with people who are unwell.

Latest information

Updates on Coronavirus:

- <https://www.gov.uk/coronavirus>

Travel advice for those travelling and living overseas:

- <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Public Health England blog:

- <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>