

FAQ

How do I reduce the chance of catching and spreading the virus?

Coronavirus spreads from person to person through small droplets, tiny airborne particles known as aerosols and through direct contact.

To reduce the chance of catching or passing on coronavirus to or from the people you live with, you should:

Remember - 'Hands. Face. Space.'

- hands – wash your hands regularly and for at least 20 seconds
- face – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet
- space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)

The latest guidance and video on hand washing can be found at:

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands>