



# If you have been to Mainland China in the last 14 days...



Stay indoors and  
avoid contact  
with others



Contact Public Health Services  
or the Infection, Prevention &  
Control team through the PEH  
switchboard (01481 725241)

Please follow this advice even if you do not have symptoms of the virus



Do not go to work,  
school or public areas



Avoid visitors in  
your home



Avoid using public  
transport or taxis

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## Symptoms to look out for:



Cough



Fever



Difficulty  
breathing