

CORONAVIRUS (COVID-19)

Facts and useful information

These simple steps can help prevent the spread of Coronavirus in the community.



Wash your hands frequently for at least 20 seconds and try not to touch your face.



Think about your general routines. Change your towels daily, wipe down surfaces and wash cloths regularly.



Try and keep at least a 2 metre (6 feet) distance from others, and avoid close contact for more than 15 minutes, especially if others are coughing, sneezing or have a fever.



For information and guidance on travel, self-isolation, schools and events, go to gov.gg/coronavirus

If you cough or sneeze, **catch it, bin it, kill it.**

Carry tissues, use them to catch a cough or sneeze, dispose of them in a bin and then kill any remaining germs by washing your hands.



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How can **YOU** help?

As a small community,
we need to look after each other.



Telephone elderly
or vulnerable
family members,
friends and
neighbours



Support those in
self-isolation by
giving them a
ring and offering
to shop for them



Only travel
off-island if it's
essential or for
important medical
appointments



Use pharmacies, GPs and the Emergency Department responsibly. If you have known symptoms and are concerned, call the coronavirus helpline 756938 or 756969, **do not turn up announced.**

For the most accurate and up-to-date information,
go to www.gov.gg/coronavirus



States of Guernsey
Public Health Services

Gov.gg/coronavirus