Coronavirus advice

The best way to protect yourself and others:

**Wash** your hands with soap and water, or use an alcohol hand sanitiser, regularly throughout the day.

**Avoid** touching eyes, nose or mouth with unwashed hands.

**Clean** and disinfect frequently touched objects and surfaces.

**When you don’t have a tissue, cough or sneeze into your elbow.**

**You are advised to wear a cloth mask** in public places.

If you have flu-like symptoms, you must immediately isolate yourself and your household at home, and call the coronavirus helpline on: **01543 445566**

To find out more, visit [gov.je/coronavirus](http://gov.je/coronavirus)

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