

Information and images from:



Coronavirus

- Spread and prevention -

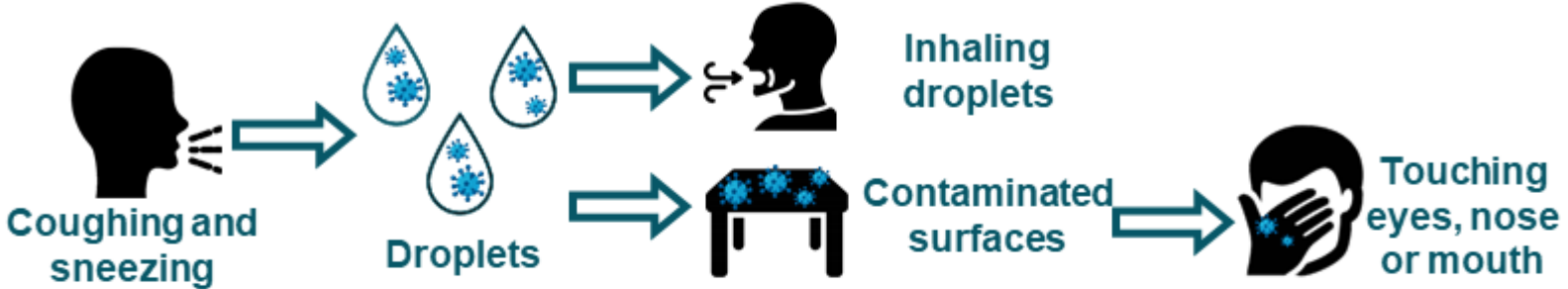
COVID-19



Infographics

Reference: NHS, 2020. *Coronavirus (COVID-19)* [online]. Website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

How does the virus spread?



How to prevent spread?

1. HYGIENE

Handwashing is the most important action to prevent spread

Use **soap** or **antibacterial gel / handwash** **Scrub for at least* 20 seconds**



2. SOCIAL DISTANCING



3. FACE COVERINGS

are advised for the following:



Using coverings in public is most effective if combined with hand hygiene

If you wear a mask:

- 1** Cover your mouth and nose
Do not **touch** the mask!
- 2** Remove mask from **behind**
Dispose mask if damp
- 3** Afterwards **wash** your hands with soap

