Washing your hands and keeping good hygiene (HANDS)

Everyone should wash their hands regularly.

Wash your hands frequently with soap and hot water, for at least 20 seconds. Rinse and dry thoroughly. Use alcohol-based hand sanitiser if soap and water are not available. Avoid touching your eyes, nose, and mouth.

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Dispose of tissues into a plastic waste bag, and immediately wash your hands with soap and water for at least 20 seconds. Rinse and dry thoroughly.

Face Coverings (FACE)

Face coverings have been introduced to our everyday lives and, by law, you must wear a face covering in enclosed public spaces. That means you should wear one if you are in a shop, bank, post office, takeaway or on public transport – this includes taxis. You must also wear one in places of worship, museums, cinemas, your GP practice, pharmacy and hospital. Basically, anywhere indoors where there are other members of the public.

There are some occasions when you can remove your face covering, such as to take medication, or if you are eating or drinking inside a café, restaurant or pub.

And there are some people who don't need to wear one - children under the age of 11 and if you have a medical condition, disability or mental health issue which means you can't wear something over your nose and mouth.

Sometimes you might be asked to remove your face covering by a police officer, shop worker or someone who relies on lip reading to communicate – this is allowed.

But for the majority of us, wearing a face covering is essential to help stop the spread of Covid-19.

There are single-use face coverings that should be worn just once and then thrown away, or reusable coverings that can be washed and worn again.

Ready-made reusable coverings are widely available or you can make your own, using a breathable material such as cotton. **Face coverings with a built-in vent are not recommended as they are not effective.**

However, you can also use a scarf, bandana or religious garment – such as a Niqab or a Burka – so long as these fit securely across the nose, mouth and round the side of the face and are made of a solid material (**cotton or silk, not net**).

Whichever face covering you choose, you must wash your hands before putting it on, before removing it, and again afterwards.

Don't touch your face, and use the straps behind your ears to put on and take off safely to avoid the spread of germs.

TOP TIPS:

- You can wash a re-usable face covering with your normal laundry.
- Wash every day, after each use.
- Try it on before you go out to make sure you are comfortable with it, to avoid touching and readjusting when out.
- Continue to follow social distancing guidelines even when wearing a face covering (2 metre safe distance where possible).
- Wash your hands often and for at least 20 seconds each time.
- If you have symptoms, stay at home and book a test immediately. Don't leave the house at all, even with a face covering.
- Once removed, store reusable face coverings in a plastic bag until you have an opportunity to wash them.

SPACE

Coronavirus can be found in tiny droplets coming out of your nose and mouth.

Wearing a face covering over your nose and mouth reduces the spread of droplets carrying the virus. This means if you have it, you're less likely to pass it on to others.

Larger droplets can land on other people, or on surfaces they touch. Spreading the virus through droplets is most likely to happen when you are less than 2m apart.

Smaller droplets called aerosols can stay in the air for some time, especially if there is no ventilation.

So when you are with people not from your household, you must keep at least 2m apart.

What are the symptoms of Covid-19?

"The main symptoms of Covid-19 are having a new continuous cough, a high temperature, or having a loss or change of smell or taste. If you do get any of these symptoms, please do immediately isolate for 10 days and book a test. Also anyone you live with must isolate for 14 days."

What should I do if I have symptoms?

"If you or anyone in your household has symptoms of Covid, the first thing you need to do is stay at home and please book a test straight away. If your test comes back positive or you have been in close contact with someone who tests positive, the NHS Test and Trace Service will get in touch with you, and they will explain what you need to do next. Please do answer their calls and give them the information they need."

How do I book a test?

"There are different ways of booking a test. You can book online - https://www.gov.uk/get-coronavirus-test - and go to a drive through testing centre. Or you can ask for a testing kit to be sent to your home. Please remember, drive through is by appointment only in Bolton. If you don't have access to the internet you can book a test over the phone by calling 119.

Tests are now available for everyone, not just key workers, and people of all ages."

What is isolating?

"Isolating means you must stay at home. You and your household must not leave the house for any reason. Not even to buy food or to get essential items - or even to exercise outside of the home. It's really important that you don't let people into your home who do not normally live with you. If you have the symptoms of Covid, then this is where you and your household need to isolate immediately and book/get a test. If you've been contacted by the NHS Test and Trace Programme, then you must also isolate. Isolating ourselves is really important to stop the virus from spreading and to protect the lives of our loved ones. If we are to beat the virus and return to our normal lives, we all need to do our bit. This means following the rules, isolating and getting tested if we have symptoms.

What is the NHS Test and Trace Programme?

"The NHS Test and Trace programme is one of the key ways to help us slow the spread of Covid and help us return to our normal lives. It means testing people who have symptoms and then tracing all the people they have had a close contact with. So if you have tested positive, or if you've been in contact with someone who has tested positive, then please do isolate and stop the virus in its tracks. Please work with the NHS Test and Trace team when they contact you and give them all the information they need."

What about home remedies or alternatives therapies?

"There is currently no licensed medication to cure Covid-19. The World Health Organisation is coordinating efforts to develop and evaluate medicines to treat Covid-19.

The national and international evidence all says that the key prevention measures are the best defence against spreading the virus: hand, space, face, staying at home when you have symptoms, and getting tested."