COVID Hygiene tips:

How to handwash effectively:
- You should use soap and warm water whenever possible
- Make sure you rub the soap between your fingers and scrub for a minimum of 20 seconds

How to sanitise effectively:
- Use hand sanitiser which contains a minimum of 60% alcohol
- Ensure that you rub the sanitise your whole hand including between your fingers

Coughing and Sneezing
- Cough and sneeze into your elbow
- Turn away from people to cough or sneeze
- Wash or sanitise your hands right away