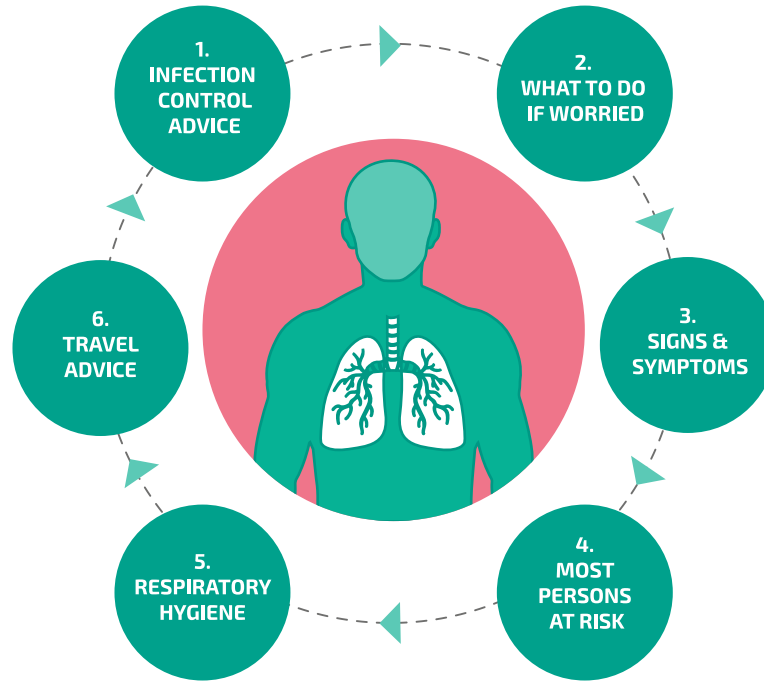


**Novel Coronavirus (2019-nCoV)**  
Action Sheet



**1 Infection control advice**

**Wash your Hands**

If you have flu like symptoms **stay at home and isolate yourself** from others and seek medical advice

**Avoid** hand to face/ mouth contact

**Stay away** from people who have flu symptoms

**Keep updated** about the local situation by accessing local media

Maintain a **healthy lifestyle**

**2 What to do if worried**



**Stay at home**



**Isolate yourself** from others



**Seek medical advice** as soon as possible



**Drink plenty**



**Control your fever**



**Remain away** from work until 'cleared' to return by your doctor

**3 Signs & Symptoms**



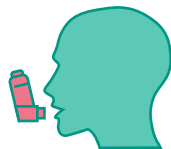
Fever



Cough



Shortness of breath



Breathing difficulties

**4 Most persons at risk**

People who have an existing Chronic condition

Those who have recently travelled to Wuhan City, China

**5 Respiratory Hygiene**



**Cover your mouth** when you cough or sneeze



**Sneeze or cough into tissue** or your upper sleeve (not your hand)



Use a **paper tissue** and throw away immediately



Immediately **wash your hands**

**6 Travel advice**



If you are intending to travel check with information being issued by the country you are travelling to.