



Coronavirus and living with others

Steps to staying healthy

There are steps you can take to reduce the risk of infection whilst living in a shared property. Even if you don't share facilities such as bathrooms, kitchens or living areas, following these steps will help you stay healthy.

Wash your hands

Regularly wash your hands with soap and water for 20 seconds or use hand sanitiser, particularly

- ✓ After coughing, sneezing, or blowing your nose
- ✓ Before you eat or handle food
- ✓ After you have used the bathroom

You should also try to avoid touching your face.



Clean regularly

You should regularly clean frequently touched surfaces and shared areas. Keep surfaces free from clutter, and avoid sharing items, where possible. You can use your normal cleaning products.



Let fresh air in (ventilation)

Let plenty of fresh air into your home. You can do this by opening windows and doors to increase air flow, or, set your air-con to maximise fresh air.



If you become ill

You should stay at home if you are unwell.

The most common symptoms of Coronavirus are

- a new continuous cough
- a high temperature
- a loss of, or changes to, your sense of taste or smell

For the most recent official Coronavirus guidance, visit www.gov.uk/coronavirus

