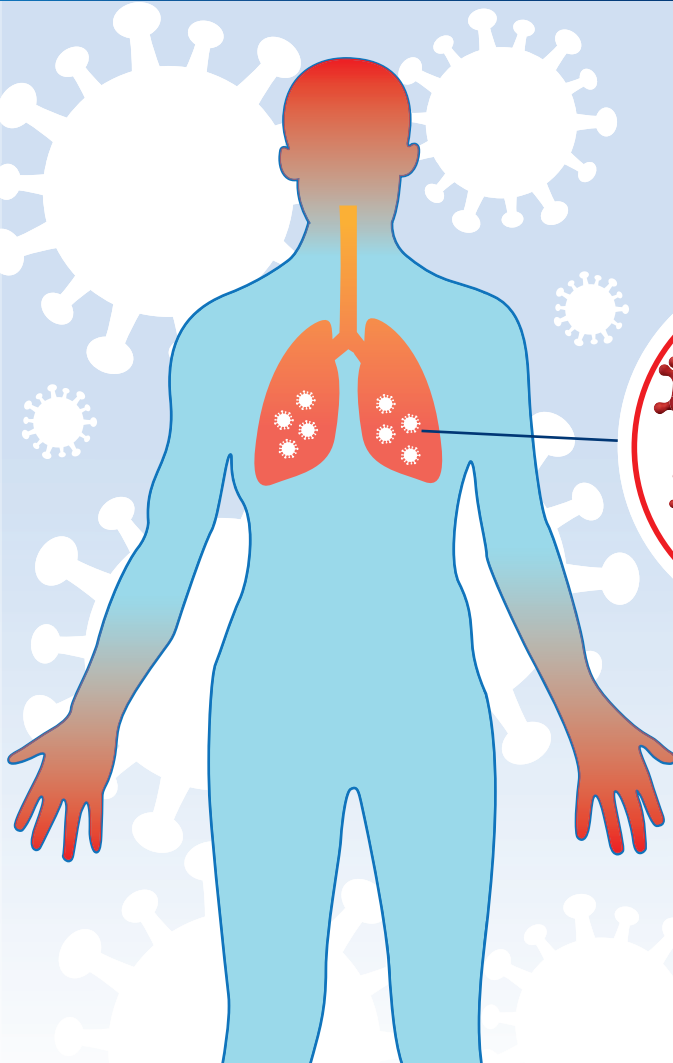


What is **COVID-19**?

What is COVID-19?

Public health officials have identified a new coronavirus disease, COVID-19. The World Health Organization has declared the outbreak a public health emergency of international concern.



Symptoms of **COVID-19**:

High Temperatures

Dry Cough

Breathing Difficulties

How does it spread?

COVID-19 may spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.

How to protect yourself and others

Refer to the NHS and Government websites for all up to-date information



Wash hands frequently

Wash hands with soap and water for at least 20 seconds. If available, hands should be disinfected with a suitable hand sanitiser after cleaning.



Minimize close contact

Try not to make physical contact with anyone and maintain a distance of 2m whenever possible. Avoid touching your mouth, nose or face.



Catch your sneezes

Sneeze or cough into a disposable tissue and then throw the tissue in the bin. Wash hands every time this happens



The surfaces around you

Clean and disinfect the surfaces around you to remove the virus from these areas. Clean the "high touch" areas more frequently.

Contact your Holchem representative or use the website for the correct products, cleaning, disinfection and handwashing procedures

www.holchem.co.uk