

# Coronavirus advice



For the latest information on coronavirus, including the situation in the UK and information about the virus and its symptoms, please refer to the [NHS England guidance](#).

As with any virus the best way to protect yourself and others from coronavirus is to practice good hygiene:

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away
- wash your hands with soap and water often. Watch the [video from Public Health England](#), on how to wash your hands effectively.
- use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell
- do not touch your eyes, nose or mouth if your hands are not clean

**If you think you might have coronavirus or you've been in close contact with someone who has it:**

- stay at home and avoid close contact with other people
- do not go to a GP surgery, pharmacy or hospital
- use the NHS 111 online coronavirus service to find out what to do next. You can access it [online](#).

For updates from the Government please visit:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

For updates from Tower Hamlets council please visit:

[https://www.towerhamlets.gov.uk/News\\_events/2020/February2020/Information\\_on\\_coronavirus\\_COVID\\_19.aspx](https://www.towerhamlets.gov.uk/News_events/2020/February2020/Information_on_coronavirus_COVID_19.aspx)