

## **CORONAVIRUS COVID-19**

**Public Health England (PHE) recommends that the following general cold and flu precautions are taken to help prevent people from catching and spreading COVID-19:**

- **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 – use hand sanitiser gel if soap and water are not available**
- **try to avoid close contact with people who are unwell**
- **clean and disinfect frequently touched objects and surfaces**
- **do not touch your eyes, nose or mouth if your hands are not clean**

**Steps that Sutton Housing Society has / is taking to help stop the spread of the virus:**

- **We have removed the hand towels from the communal toilets and replaced these with paper towels. (These will be returned in due course)**
- **We have supplied hand wash gel and paper towels for use in the communal toilet**
- **We have removed tea towels / hand towels on display in the communal kitchens and in the offices . (These will be returned in due course)**
- **Staff have been advised to self-isolate at home as recommended by the Government, if they are affected and / or a family member is affected.**

**If you are worried about symptoms, please call NHS 111.**