The coronavirus is spread between people when they cough or sneeze as germs are carried by droplets. They can end up on your hands, other people and surfaces around you.

To avoid spreading the germs:

Use a tissue when you cough and sneeze

Put the tissue into a covered bin straight away

If you don't have a tissue sneeze into your elbow

Frequently wash your hands with soap and water for at least 20 seconds

Try to maintain a distance from each other when meeting