

## If you have been to Wuhan, China, in the last 14 days ...

Stay indoors and avoid contact with others



Contact NHS 111 for advice



Please follow this advice even if you do not have symptoms of the virus



Do not go to work, school or public areas



Avoid visitors in your home



Avoid using public



## Symptoms to look out for:



Cough



Runny nose



Sore throat



Fever



Difficulty breathing

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