

# Protecting yourself during the coronavirus outbreak

The best thing you can do is avoid exposing yourself to the virus in any way.

To protect yourself, below are some basic hygiene practices you can take:

- If you need to cough or sneeze then catch it in a tissue. If this is not possible, catch it in your elbow, but never your hands
- Consider avoiding shaking hands
- Always ensure thorough handwashing and use the hand sanitiser available around each Marshalls' site

## Best practice for thorough handwashing...

1) Wet your hands under warm running water



2) Apply a small amount of liquid soap



3) Rub your hands together vigorously. Make sure you apply soap and water to all surfaces of your hands for at least 15 seconds and up to one minute

4) Rinse your hands under running water



5) Dry your hands thoroughly



6) Turn the tap off using the paper towel or your elbow, to avoid re-contaminating your hands.

If you have any concerns or questions please speak to your line manager or visit the intranet.