

## Coronavirus – stay safe at home

### General advice



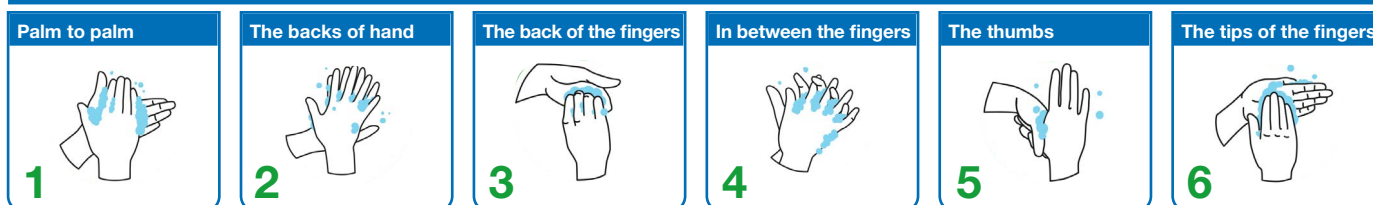
Regularly clean the bathroom and kitchen using household products like detergents and bleach.

Clean things people touch the most: taps, worktops, tables, backs of hard chairs, handles on doors/cupboards/ kitchen appliances, light switches, handrails, phones – wipe not spray.

If you have symptoms, personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste. This should be put aside for at least 72 hours before being put in your usual external household waste bin.

Avoid shaking laundry.

### Wash your hands with soap and water more often for 20 seconds



Use a clean tissue to turn off the tap. Dry hands thoroughly

### Sharing a kitchen



If someone in the house has symptoms agree that they use a separate kitchen if one is available.

If sharing, anyone with symptoms should use the kitchen after everyone else and should clean all surfaces afterwards. Try and agree a rota so this can happen.

Anyone with symptoms should eat in their own room.

All use separate tea towels, crockery and cutlery and a separate sponge/brush for washing.

Regularly clean the kitchen using household products like detergents and bleach.

### Sharing a bathroom



If someone in the house has symptoms agree that they use a separate toilet or bathroom if one is available.

If sharing, anyone with symptoms should use the bathroom last for washing and should clean all surfaces afterwards. Try and agree a rota so this can happen.

All use separate towels and toiletries and keep them in your own room.

Regularly clean the bathroom using household products like detergents and bleach.

**Useful contacts:** To find out how to book a COVID-19 test if you have symptoms and where to go for local testing sites, please visit: [www.northyorks.gov.uk/coronavirus-covid-19-testing](http://www.northyorks.gov.uk/coronavirus-covid-19-testing)  
Alternatively, contact the NHS Test and Trace service on **119** to access testing.