Coronavirus: information and advice

**×** [**Coronavirus (COVID-19)**](https://www.north-herts.gov.uk/home/emergency-planning/coronavirus-covid-19)

We are monitoring developments relating to the novel Coronavirus (COVID-19) daily.

As the number of confirmed cases in Hertfordshire increases, we urge residents to follow the [social distancing advice](http://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults) and [Stay at Home guidance](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance) provided by Public Health England to help prevent the spread of the virus.

Latest information

Use the official websites below for the latest information and advice for the general public.

For information on what to do if you have symptoms, visit:

[NHS Coronavirus (COVID-19)](http://www.nhs.uk/conditions/coronavirus-covid-19/)

**UK Government guidance**

* [PHE Guidance on social distancing](http://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults) - guidance for everyone in the UK to help stop the spread of Coronavirus
* [PHE COVID-19: guidance for households with possible coronavirus infection](http://www.gov.uk/government/publications/covid-19-stay-at-home-guidance) - guidance if you or someone in your household have symptoms
* [PHE Number of Coronavirus Cases and Risk in the UK](http://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public#situation-in-the-uk)- for information on the latest situation in the UK
* [GOV.UK Coronavirus Action Plan](http://www.gov.uk/government/publications/coronavirus-action-plan)
* [GOV.UK Closure of educational settings: information for parents and carers](http://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers) - guidance for parents and carers, and information on [key workers](http://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision)
* [PHE Public Health Matters Blog](http://publichealthmatters.blog.gov.uk/2020/03/04/coronavirus-covid-19-5-things-you-can-do-to-protect-yourself-and-your-community/) Article on 5 things you can do to protect yourself and your community

[Frequently Asked Questions](https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/coronavirus-frequently-asked-questions) from Hertfordshire County Council.

On social media:

* [Department of Health & Social Care Twitter feed](http://twitter.com/DHSCgovuk)

Latest updates from the Council

For information about council services affected by COVID-19, see [Coronavirus: disruption to services](https://www.north-herts.gov.uk/node/126232).

Protect yourself and others: Catch It, Bin It, Kill It

There are simple actions you can take to help stop viruses like coronavirus spreading including washing your hands for 20 seconds, using soap and water or hand sanitiser as shown in the [NHS handwashing techique video](https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/), or as demonstrated by a nurse in the handwashing video below:

[**https://youtu.be/-4uZFnth10E**](https://youtu.be/-4uZFnth10E)

**Do**

* [wash your hands](http://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/) with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after you get home or go into work, blow your nose, sneeze or cough, eat or handle food and after taking public transport
* 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 immediately
* try to avoid close contact with people who are unwell