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**Coronavirus (COVID-19):
what you need to do**

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

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Public Health
England

Guidance

COVID-19: putting on and removing PPE – a guide for care homes (video)

Published 17 April 2020

COVID-19 [putting on and taking off PPE – a guide for care homes](#)

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