



For the most up to date guidance, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907), and the Isle of Man (604). Also operating in Northern Ireland.



Please wash your hands regularly for 20 seconds using hand sanitizer where soap and water isn't available. Good sanitation is particularly important when exchanging or sharing items such as serving utensils, money or even cakes.

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