

At the risk of sounding obsessional this is what we have changed to at home:

- Phone cases changed to silicone and Disinfectant wiped everyday
- Hand wipes in our coats when we are out and gel
- Changed to contactless payments wherever possible
- Hand gel after leaving a shop
- Car steering wheel and car surfaces and door handles disinfectant wiped everyday
- Nothing delivered comes straight in the house it sits in a box at the door and then gets carefully sorted
- As surgeons it's easy for us to not touch our faces
- Hand washing as per Boris and it's the first thing we do when we come home and last thing at night
- I've also just invested in some side arm shields for my glasses ( Amazon) and I'm wearing these for work
- Read this article about how to avoid catching corona virus at night  
<https://www.cnn.com/2020/03/12/opinions/coronavirus-vulnerability-while-sleeping-bruce-davidson/index.html>
- Supplementing with Vit D and zinc

I'm sure others have good ideas too and things I've missed.

Take care all  
Peter H