

CORONAVIRUS (COVID-19) PREVENTION:

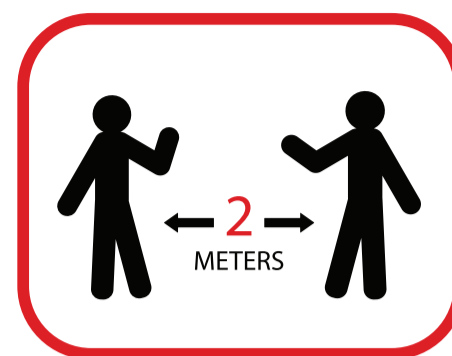
12 Tips and Strategies



Frequently wash your hands with soap for at least 20 seconds.



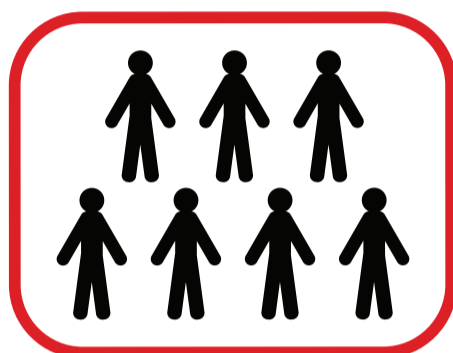
Avoid touching your face, eyes, nose or mouth.



Keep a distance of at least 2 metres. Don't shake hands or hug.



Cover your cough or sneeze with a tissue, then throw it away.



Avoid large groups of people.



Wash fruit and vegetables well.



Cook meat, fish and eggs thoroughly.



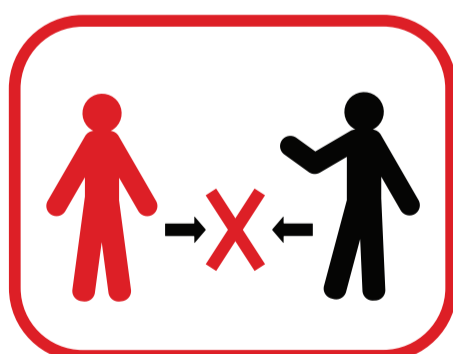
Frequently clean surfaces, handles, phones & toys.



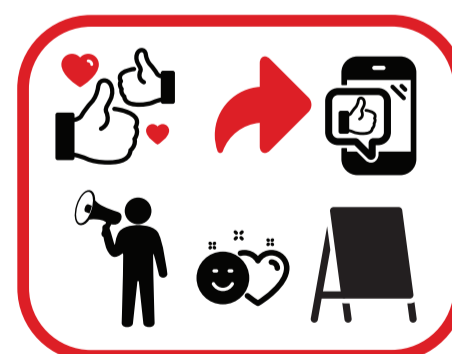
Don't share personal items, food items, cups or dishes.



Avoid eating or drinking in public places.



Stay home and away from others if you have flu symptoms.



Spread the message, not the virus. Help educate those around you.