

CORONAVIRUS

(COVID-19)

Simple steps to stop the spread



Wash your hands

Use soap and water when your hands are visibly dirty, after coughing or sneezing, when caring for someone, before and after eating and toilet use.



Use hand sanitiser

If your hands are not visibly dirty, frequently clean them with hand sanitiser or soap and water.



Cover your nose and mouth

Cover your coughs and sneezes with a flexed elbow or a tissues. Throw tissues into closed bin immediately after use.



Don't touch your face

Avoid touching your nose, eyes and mouth with unwashed hands.



Keep your distance

Avoid shaking hands, hugging and kissing. Avoid others who are sick and stay at home if you are sick.



Seek medical advice early

If you have a fever, cough, shortness of breath or sore throat seek medical advice early.

Help stop the spread