

COVID-19

HEALTH PRECAUTIONS



**AVOID
SHAKING HANDS**



**PRACTICE
SOCIAL DISTANCING**



**AVOID
CLOSE CONTACT
WITH PEOPLE**



**AVOID
TOUCHING EYES AND
MOUTH**



**WASH HANDS WITH
SOAP AND WATER
FOR AT LEAST
20 SECONDS**



**USE AN ALCOHOL
BASED SANITISER IF
SOAP AND WATER ARE
NOT AVAILABLE**



**WHEN COUGHING
OR SNEEZING, COVER
YOUR MOUTH AND
NOSE WITH A TISSUE
OR COUGH INTO
YOUR ELBOW**



**STAY HOME AND
AVOID CONTACT WITH
OTHERS WHILE SICK**