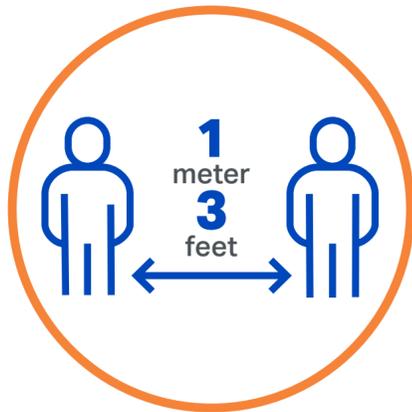


# STAY SAFE FROM COVID-19 AND OTHER VIRUSES!

PRACTICAL WAYS TO KEEP YOU AND OTHERS HEALTHY.

**Keep over 1 meter (3 feet) away from others.**

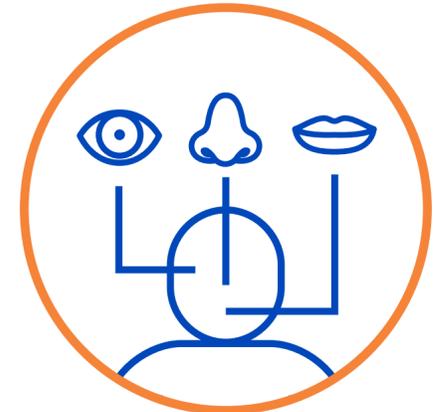


## Why?

When people cough or sneeze it sprays small droplets from their nose or mouth, which may contain viruses, including the COVID-19 virus.



**Avoid touching eyes, nose and mouth**



## Why?

Hands touch many surfaces and can pick up viruses which can enter your body when you touch your eyes, nose or mouth and make you sick.



## Practice good hygiene



- Cover your mouth or nose with a bent elbow or tissue when you cough or sneeze (put the used tissue in a bin).



- Don't spit.



- Wash your hands regularly with soap and water for 20 seconds or use hand sanitizer if not available.

## Why?

Stop viruses spreading through droplets from coughs and sneezes or on things you touch.



**Seek Medical help if you feel sick**



## Why?

To keep yourself and others safe and healthy.

