



STOP

the spread of

COVID-19

CORONA VIRUS



COVER |

Use a tissue to cover your mouth and nose when you cough or sneeze. Never cough or sneeze into bare hands. If you do not have a tissue, use your elbow.

CLEAN |

Clean your hands often by washing with soap and water or using alcohol hand rub. Do this regularly as well as after you use a tissue for a cough, sneeze or sniffle.

CONTAIN |

Contain germs by staying at home; do not go to work or school until you are better. Never visit patients in hospital if you are sick.

For more information call PUBLIC HEALTH on 21324 086