

Help Stop the Spread of Coronavirus (COVID-19)



5 important ways we can all help stop the spread of viruses

1. Clean your hands regularly with soap and water or alcohol-based hand rubs.
2. Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing.
3. Avoid touching your face, nose and mouth. And avoid shaking hands.
4. Stay home if you are unwell.
5. Avoid contact with anyone who is unwell – try to stay 1.5m away from anyone coughing or sneezing.