

STAY HEALTHY

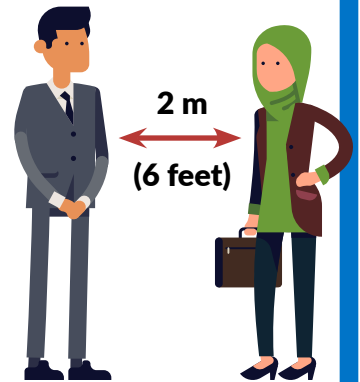
COVID-19



1. Wash hands thoroughly with soap and warm water.
2. Scrub for 30 seconds minimum.
3. Wash between fingers and to the wrist.
4. Use paper towel to turn off water.
5. Avoid face touching.



- Do not shake hands or hug.



- Keep a distance of 2 metres between you and others.



Cough or sneeze into your elbow or tissue, immediately dispose of the tissue and wash hands.



- If you have travelled internationally please self-isolate for 14 days.
- If you show symptoms – stay home.



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