

# TIPS TO HELP PREVENT THE SPREAD OF THE **CORONA VIRUS: COVID-19**



Clean hands often with  
sanitiser or soap & water



Avoid touching your eyes,  
nose, and mouth.



Cover your cough or  
sneeze with a tissue



Frequently sanitise  
touch-points & surfaces.



Maintain 2 metres  
social distancing.



Self-isolate if you are  
showing COVID-19 symptoms.