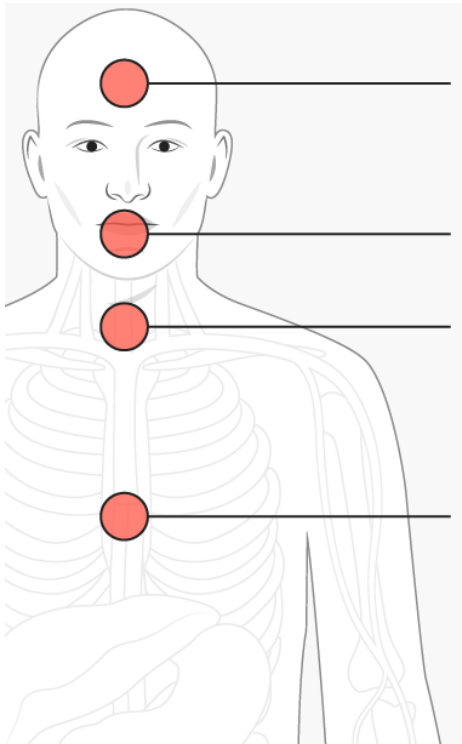


How to Prevent Catching & Spreading **Coronavirus COVID-19**

Follow these tips to prevent yourself from catching coronavirus, or from potentially spreading the virus to others.

Symptoms



Fever

Cough

Sore throat

Shortness of breath

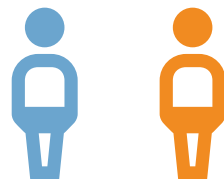
How to Prevent Catching The Virus



Wash your hands often, for at least 20 seconds.



Avoid touching your eyes, nose and mouth with unwashed hands.



Avoid close contact with people who are sick.

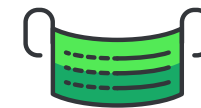


Cover your coughs and sneezes with a tissue and throw out the tissue.

How to Prevent Spreading the Virus



Disinfect surfaces that you touch. Wash your hands often.



Cover mouth and nose or wear a facemask to cover your coughs and sneezes.



Distance yourself at least 1.5 metres away from other people.



Monitor your symptoms and seek medical attention if your symptoms worsen.