

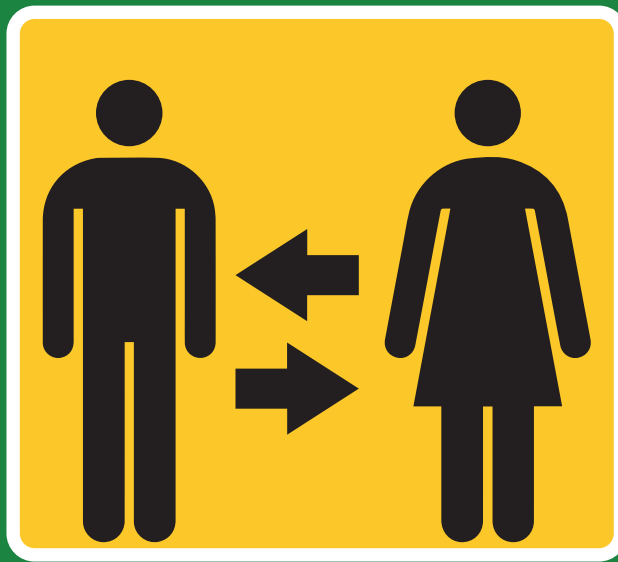


How to protect yourself against the **Coronavirus**

The coronavirus is spread through respiratory droplets produced when an infected person coughs or sneezes. We touch many surfaces and can pick up viruses which can then transfer a virus to your eyes, nose or mouth.



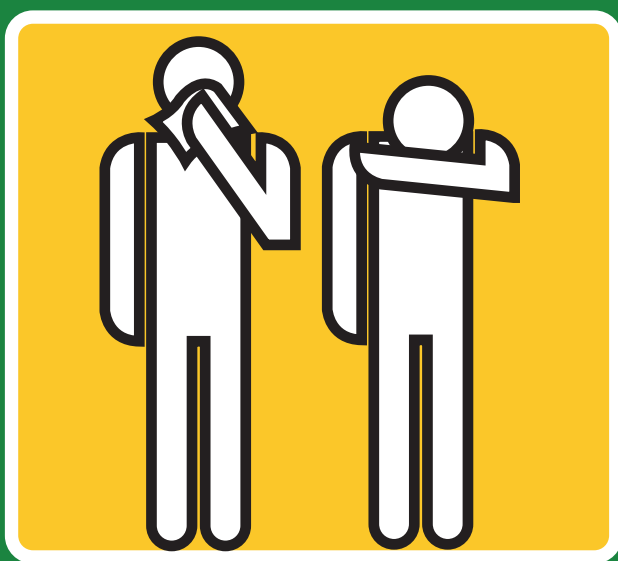
1. Wash your hands frequently for 20 seconds with soap and water and use a sanitiser.



2. Maintain at least 1-metre distance between yourself and anyone who is coughing and sneezing.



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



4. When sneezing or coughing, use a tissue or the inside of your elbow to cover your mouth and nose.



5. If you have fever, a cough and difficulty breathing, contact the NICD hotline.



6. Keep highly used surfaces sanitised