

BASIC PROTECTIVE MEASURES

CORONAVIRUS



Keep at a safe distance (approx. 2m) from other people, especially high risk people.



Wash you hands regularly with soap, or when travelling outdoors, use hand sanitiser.



Avoid handshake, hugging and other casual close contacts.



Avoid touching your eyes, nose or mouth.



Cough or sneeze into a paper tissue handkerchief.



If you do not have a paper handkerchief, cough or sneeze into the crook of your arm.



Immediately after using a paper handkerchief, throw the tissue in a trash bin and wash your hands with soap and water, or using hand sanitiser.

