

HOW YOU CAN STAY WELL AND STOP THE SPREAD OF THE VIRUS



Wash hands frequently with soap and water or use a sanitiser gel



Work at home where possible



Catch coughs and sneezes **and throw away used tissues**



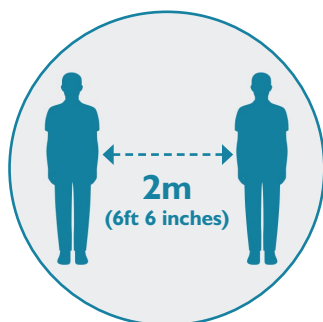
If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell



Stay at least 2 metres apart from anyone you encounter outside your home.