Coronavirus (COVID-19)

Coughs and Sneezes Spread Diseases

**CATCH IT**

Cough or sneeze into a tissue or the crook of your arm

**BIN IT**

Dispose of the used tissue immediately.

**KILL IT**

Wash your hands/use alcohol-based hand rub

**Maintain Social Distance**

Maintain at least 1 metre (3 feet) distance between yourself and another person.

Refrain from social greetings such as shaking hands, and kissing.

These steps will help prevent the spread of colds, flu and other respiratory infections such as Coronavirus (COVID-19)

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