

## 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)**

Report all Safety Occurrences

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