

Protect yourself from COVID-19



Wash your hands more often with soap and water for at least 20 seconds, or use a hand sanitiser, when you get home or into work, when you blow your nose, sneeze, after using the toilet and before eating or drinking.

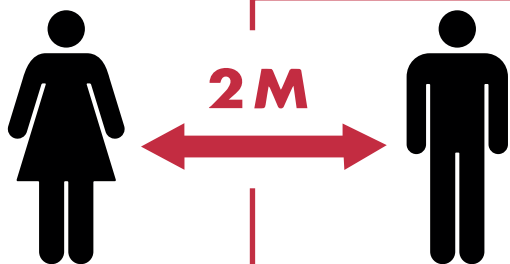


Clean and disinfect frequently touched objects and surfaces.



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

Cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands.



Maintain social distancing whenever possible.

