PROTECT YOURSELF

AND PREVENT THE SPREAD OF COVID-19

1 WASH YOUR HANDS

Clean your hands with soap and water for at least 20 seconds. Make sure you also clean the back of your hands, in between your fingers and underneath your nails. If you don't have access to soap and water, use waterless hand santizer instead.

DON'T SHARE FOOD OR UTENSILS 2

Viruses can be spread through food, straws, spoons etc. and can live for a long time on surfaces. Ensure you only use clean plates, glasses and utensils and wash your hands right before you eat.

3 BASIC PROTECTIVE MEASURES

Avoid touching people you come into contact with. Don't hug or shake hands.
Avoid touching your face.
Cough into your elbow or a tissue that should be thrown away immediately after.

IF YOU'RE SICK - STAY AT HOME 4

If you or one of the people you live with has flu symptoms then stay at home to avoid potentially infecting others. Call your medical provider or the **24 hr NICD Hotline on 0800 029 999**