COVID-19
(Coronavirus Disease 2019)

PRACTISE GOOD PERSONAL HYGIENE

WASH your hands regularly with soap and water.

AVOID touching your face with your hands.

8 STEPS TO CLEAN YOUR HANDS

1 Palm to palm

2 Between fingers

3 Back of hands

4 Base of thumbs

5 Back of fingers

6 Fingernails

7 Wrists

8 Rinse and wipe dry

DO NOT WEAR A MASK IF YOU ARE WELL

There are sufficient masks in the government's stockpiles, if used responsibly.

WEAR A MASK ONLY IF

- You have a **FEVER, COUGH OR RUNNY NOSE**
- You are **RECOVERING FROM ILLNESS**

cough! cough!

Stay home and AVOID social gatherings if you are sick.