



Protecting yourself and others from coronavirus

# Protecting Yourself from Coronavirus

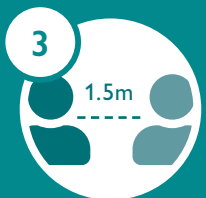
Following this advice and practising hygienic respiratory etiquette can help slow the spread of COVID-19



1 Wash your hands frequently for at least 20 seconds or use an alcohol-based hand sanitiser



2 Cover your cough and sneeze with your elbow or a tissue, then dispose of the tissue in a rubbish bin



3 Keep 1.5 metres from other people



4 Clean and disinfect frequently touched surfaces regularly



5 Stay home if you have symptoms or feel unwell

Practising good hand and sneeze/cough hygiene is the best defence against most viruses

Coronavirus spreads from person-to-person through direct or close contact