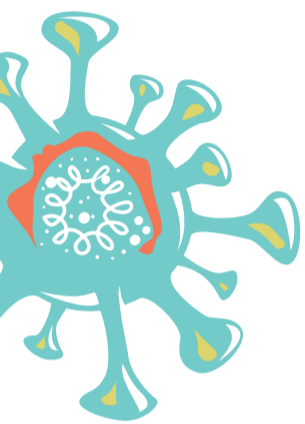


# PREVENTING THE SPREAD OF CORONAVIRUS (COVID-19)

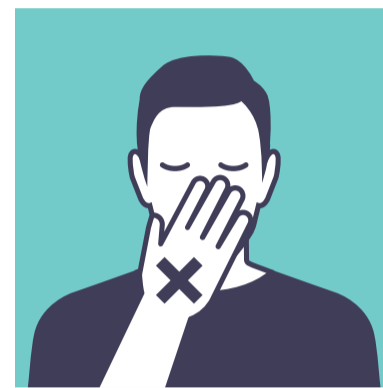
The most important measures people can take to prevent the spread of the coronavirus are straightforward. These measures apply to all viruses that can cause the flu and colds.



Wash hands regularly with soap and water or use alcohol-based sanitisers



Avoid physical contact with people who have flu-like symptoms



Don't touch eyes nose or mouth with unwashed hands



Use the inside of your elbow to cover your sneeze or cough instead of using your hands



Do not share eating utensils or food



## WHAT TO DO WHEN YOU SUSPECT YOU ARE INFECTED WITH CORONAVIRUS

- Stay at home so you don't infect others and call your doctor for instructions
- If you do not live alone, cover your mouth and nose when in shared areas
- Drink plenty of fluids and stay rested

## HOW THE CORONAVIRUS SPREADS AND INFECTS PEOPLE

- Coronavirus lives inside droplets from your airways. You release them when you sneeze or cough
- The contagious droplets stay on surfaces near you where the virus will stay alive for at least 24 hours

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