

Protect yourself and your home from coronavirus

Follow the 5 Golden Rules of Good Hygiene to stop the spread of coronavirus:

1

Wash your hands often for at least 20 seconds with soap and water.



2

Do not touch your face with unwashed hands.



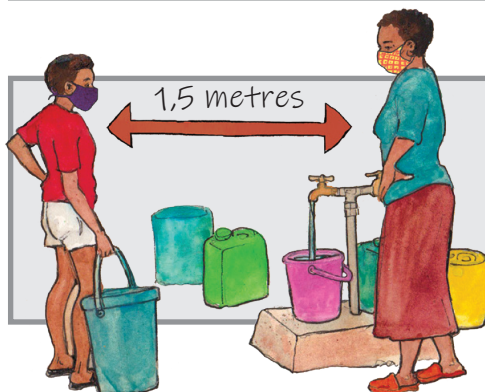
3

Cough or sneeze into your elbow or a tissue. Safely throw away the tissue.



4

Keep 1,5 metres apart from others.



5

Stay home if unwell.
Contact a hotline or your health worker.

